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Knowledge of pregnancy pill low: Survey

CONTRACEPTIVE Teenage girls living in urban centres have little knowledge about emergency contraceptives, or the morning-after pill, to prevent pregnancy, according to new research.

Dr. Cynthia J. Mollen, of Children's Hospital of Philadelphia in Pennsylvania, said although the morning-after pill can be taken up to five days after unprotected sex to prevent a pregnancy, "multiple misconceptions" about emergency contraceptive pills exist.

Among girls who were not sexually active, 50 per cent had never heard of the morning-after pill, and just four girls who had heard of it knew when to use it or how to obtain it.

REUTERS

City recovering from explosions

TORONTO The bill for the damage and compensation in the aftermath of the Sunrise Propane explosion is estimated to be in the tens of millions of dollars.

MORE COVERAGE ON PAGE 6

Local pg2

Kidnapping cases in court

Entertainment pg20



Accidental quality



Minister of Public Safety Stockwell Day displays the Global Positioning System anklet which will be used in a federal pilot project next month. The offender monitoring system will mirror the one used in Nova Scotia.

Feds follow province's lead on tracking tech

Inspired by N.S., GPS anklets to be placed on Ontario criminals

JENNIFER TAPLIN
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The feds want to try Nova Scotia's method of keeping an electronic eye on convicts.

A Global Positioning System device attached to an anklet makes sure offenders who are given house arrest or curfews adhere to the rules. Nova Scotia has been using them since 2006, and Minister of Public Safety Stockwell Day said they want to copy it.

"I think it's safe to say we are very proud that the federal government chooses to mirror its pilot project after ours."

Immigration Minister Len Goucher

"With this kind of device, corrections officers can monitor exactly the whereabouts of an offender at any given moment," he said.

About one in eight federal offenders break conditions or reoffend. And while most of these incidents are minor, Day said,

some of the crimes are very serious.

So next month, the Correctional Service of Canada will lock GPS anklets on 30 offenders in Ontario for a one-year, \$600,000 pilot project.

"We're launching this pilot project in the Ontario

area, but we're drawing from the expertise of the program that's being run here in Nova Scotia."

Ontario was picked because last year there were 81 people who breached their parole in that province, Day said.

A number of factors will determine who is first to wear the anklets in pilot project, but Day said sexual offenders as well as high-risk criminals will be at the top of the list.

If the project is successful, it may be instituted

across Canada.

Immigration Minister Len Goucher, who filled in for the justice minister, said it's flattering for the province.

"Nova Scotians can be humble at times, but I think it's safe to say we are very proud that the federal government chooses to mirror its pilot project after ours."

MORE COVERAGE ON PAGE 2

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Local



Home sweet home prices

New home prices in Halifax went up 7.2 per cent between June 2007 and June 2008, Statistics Canada reported yesterday. And that's not that bad; in Winnipeg they went up 28.5 per cent, followed by St. John's at 22.2 per cent. **METRO HALIFAX**

News in brief

ROBBERY A woman was robbed at the Petro-Canada gas station on Portland Street in Dartmouth yesterday. She was walking through the parking lot when a man grabbed her bag. She resisted at first, but the suspect said he had a gun. He grabbed her bag and ran off without ever showing a weapon. He's described as a black man between 5'6" and 5'8" tall and he was wearing a black hoodie and blue jeans.

IDENTIFIED Police in Kentville identified the body found in the Cornwallis River as the man reported missing by a concerned father. Barry Gene Morehouse, 31, was reported missing Aug. 3rd, and his body was found Friday. An autopsy performed over the weekend showed no foul play was involved.

Tomorrow's Metro



Travel

Following the Route des vins through the family-run vineyards of Quebec's Eastern Townships.

metronews.ca

What's online today.

Watch video footage from Sunday's riots in Montreal and reports on the 90th Canadian soldier to be killed in Afghanistan and asbestos fears in the aftermath of the Toronto explosion

Read Allan Small's Investment Perspective, on the benefits of mutual funds in a volatile market

Two men facing abduction charges

Pair in court following separate weekend incidents

GRAHAM NORTH
for Metro Halifax



Two men stood in Dartmouth court yesterday facing separate kidnapping charges, capping a weekend of alleged romance-related crimes.

Douglas James Rushton, 30, faces seven charges, including abduction and attempted murder, after he allegedly kidnapped his girlfriend Saturday evening and threatened her with a baseball bat. Rushton allegedly took his girlfriend into the woods near Wright's cove, then punched, slapped and kicked her. His bail hearing was moved to Friday.

Narcisse Harview, 29, faces kidnapping, assault and weapons charges after allegedly forcing a man into his car at gunpoint Sunday night. Harview allegedly accused his hostage of having an affair with his girlfriend, and then assaulted him.

Police arrested Harview in his home, but have not been able to find a gun.

The judge placed a publication ban on Harview's bail hearing. He left the Dartmouth courthouse in police custody.

Despite the coincidental timing of the incidents, Halifax Regional Police said this isn't a sign of escalating hostage-takings in the area.

Police spokesperson Jeff Carr said the abductions dif-



Narcisse Harview is escorted out of the Dartmouth courthouse Monday afternoon.

fer from the "big city phenomena" of random attacks because the people involved knew each other.

"People hear the word 'kidnapping' and they think of a random grabbing and throwing into a vehicle," he said. "That wasn't the case in either of these incidents."

Don Clairmont, director

of the Atlantic Institute of Criminology, said these types of kidnappings are often a vain attempt to persuade the other person to rejoin the relationship.

A number of studies link confinement to a desperate attempt at communication, he said.

"It's an irrational and un-

successful attempt to send a message," Clairmont said.

"Certainly, the only message they are getting is, 'This guy is dangerous.'"

The failure in communication can often frustrate the kidnapper, he said, escalating the situation to something more dangerous, such as sexual assault or assault.

Nova Scotia's GPS for offenders used in T.O.

JENNIFER TAPLIN
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Nova Scotia know-how is already at work in Toronto. While ministers held a press conference

in Province House yesterday, a Nova

Scotian justice worker was training counterparts in Toronto how to best electronically monitor at a time.

Brian MacDougall, a provincial

program officer, said they're going to show corrections officers how the GPS anklets

work, how to supervise, and the response protocols they have figured out over the past two years.

"These are areas where we've been down that road," MacDougall said.

The biggest achievement of the provincial program — a first of its kind in the country — is making offenders more accountable to their court orders, he said. But that's not to say criminals haven't tested the boundaries. "There have been several offenders in Nova Scotia who have breached their conditions and we've been alerted by the technology and police have responded," he said.

There is one big difference between the provincial program and what the federal government is hoping to do: Here offenders sentenced to two years less a day in the community are monitored electronically, but in Ontario, higher-risk criminals will be shackled with anklets. MacDougall said it won't make the equipment any less effective.

"It works very well and they don't like it, which means it's a good thing."

Criminal count

- In Nova Scotia there are typically between 60 to 65 offenders electronically monitored at a time.

- 55 are wearing anklets right now.

- 200 offenders have worn them in the past two years.

- the anklets, which are waterproof, are equipped with both GPS and radio frequency.

- the batteries need to be charged for two hours a day

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WESTJET

Candidate will make Halifax party-central

LINDSAY JONES
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If you want more strip clubs and casinos in metro, then David Boyd is your man.

The 36-year-old from Dartmouth launched his campaign to run for mayor yesterday with platforms to make metro "the Vegas of the East," increase public input on city projects, and reduce bridge tolls and transit fares.

The taxi and tow truck driver —

who made headlines in 2003 for saying marriage laws should be changed to include human-android unions —

says he hears from visitors all the time that there is nothing to do in Halifax.



David
Boyd

"We need more strips clubs, casinos, entertainment, even an amusement park — something for people to say 'Hey, I've been to Halifax' and wear the t-shirt."

Mayor Peter Kelly said he respects Boyd wanting to get involved, but his ideas raise issues of public security and safety in the downtown.

So far, Boyd's other rivals include Kelly and Connaught-Quinpool Coun. Sheila Fougere.

New chief for Atlantic fleet

Commodore Ron Lloyd has taken over the navy's Atlantic fleet. Lloyd, who grew up in Taber, Alta., has been a military man for 27 years. He was promoted to his present rank this year. **METRO HALIFAX**

Hearing over lawsuit

SYDNEY A hearing on whether to certify as a class action a lawsuit filed against the Diocese of Antigonish by a Sydney man will take place this fall, the lawyer handling the case says.

John McKiggan filed the lawsuit in June on behalf of Ronald Martin, a native of New Waterford. Martin's brother, David, killed himself in 2002, leaving behind a suicide note which led to charges of sex crimes against former priest Hugh Vincent MacDonald. Ronald Martin says he also endured abuse from MacDonald.

McKiggan said yesterday they're now in the process of preparing necessary documents to apply for certification.

"The next step will be the application for certification, that mini-trial or mini-hearing, but that won't take place for a number of months yet," he said.

THE CAPE BRETON POST

Power back for 13,000

TRURO Power has been restored to 13,000 customers in central Nova Scotia following an early morning outage on Monday. Nova Scotia Power spokeswoman Margaret Murphy said the power was restored by 9:20 a.m. "We don't know what the cause is of yet, they're investigating," she told the Truro Daily News. "Crews at the Onslow substation now looking at a transformer, which is sort of like a large fuse."

THE TRURO DAILY NEWS

News in brief

FOOD A group of concerned Kings County citizens has taken their promotion of food security and supporting local farmers and produce to another arena: the major grocery retailers. With Kings County Coun. Wayne Atwater leading the charge, about a dozen concerned citizens rallied at Sobeys, New Minas, in an attempt to persuade the chain to carry more local produce.

TECHNOLOGY The president of an Amherst manufacturing company is continuing to do what is possible to make our planet a greener place to live. Chuck Cartmill from C-Vision says the company is in the process of developing an LED technology to put into street lighting.

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Development goes to vote

Regional council set to decide fate of several 'heritage buildings' tonight

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Council will vote tonight on whether a controversial downtown development will go to a public hearing.

Armour Group's Waterside Centre proposal would connect six buildings where Duke, Upper Water and Hollis Streets meet, save their historic facades and build a six-storey, glass office tower above them.

"We just seem to be pushing the limit a little too much too many times."

Coun. Dawn Sloane

The proposal faces strong opposition from the Heritage Trust of Nova Scotia.

The Trust recently launched a postcard campaign, saying that Armour plans to "completely demolish two buildings" and "mostly demolish three other buildings

in the central block of Historic Properties."

In a letter to the mayor and councilors, the Armour Group accused the Heritage Trust of Nova Scotia of spreading misinformation about the development in an effort to entice citizens to reject the project.

"They are intended to be headline grabbing reference to demolition of heritage buildings," Armour chairman Ben McCrea wrote.

The developer of Founders Square in Historic Properties also said the building he wants to demolish, the Sweet Basil dining room, is not a heritage building.

Obtaining a demolition permit for O'Carroll's is a last resort in case the foundation needs to be replaced.

The group recently gathered 683 signatures on a petition titled Save Halifax's Historic Properties! and presented it to council last week.

In its report, city staff say council will have to consider two competing policies when making a decision: the restoration of municipally-registered heritage properties and the need for increasing the amount of downtown office space.

Downtown Coun. Dawn Sloane hasn't made up

her mind yet on whether she will support the project, but admitted she's getting fed up with the city's "soft" approach to development.

Like other recently approved downtown developments, Sloane says Waterside Centre doesn't conform to planning policies.

"We just seem to be pushing the limit a little too much too many times," she said.

Council is scheduled to start at 6 p.m. tonight.

Developer gets OK for Bedford plan

JENNIFER TAPLIN
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DEVELOPMENT A \$300-million development for the Bedford Basin made it past the first approval hurdle.

Harbour Isle on Wright's Cove will feature shops, a hotel, boardwalks, restaurants, condos and town homes.

The Ontario developer, The Yorkville Group, was given the nod by Dartmouth Council last week.

"We have received a wonderful response to our initial marketing campaign and we believe Harbour Isle will be a very positive major addition to the HRM including job creation, support for local

next step

• Next on the agenda will be opening up a \$1-million presentation centre to show a scale model of the entire project, and a two bedroom plus den model suite.

businesses, and of course, additional contributions to the tax base," said Charles Moon, president of the Yorkville Group in a statement.

"We are very pleased to be able to develop and create what the council envisioned recently with the planning initiatives to bring about a renaissance of this very special section of the HRM waterfront," Moon said.

Federal justice minister holds roundtable on youth crime

ST. JOHN'S, N.L. Federal Justice Minister Rob Nicholson held a roundtable discussion yesterday in St. John's on the Youth Criminal Justice Act.

The roundtable is part of a cross-country tour.

"Our goal is to strengthen the YCJA, reduce crime and keep our communities safe," Nicholson said.

Nicholson announced the review last October. In addition, the federal government has tabled legislation to amend the YCJA to include deterrence and denunciation as principles of sentencing, and to strengthen provisions related to pre-trial detention. These new

measures are hoped to protect communities from young offenders who pose a significant risk to public safety.

"Canadians want action on youth crime now. Our approach is meant to be tough and at the same time fair," Nicholson said.

"We will respect the rights of the accused, but will not allow those rights to take precedence over community safety, the needs of victims or the rights of law-abiding citizens."

Nicholson and federal Fisheries Minister Loyola Hearn gave short speeches at the Mount Pearl Chamber of Commerce business breakfast.

THE TELEGRAM

Busker Fest Working the crowd



Rafael Sebastian makes a few dirty jokes before he attempts to swallow a balloon at the Halifax International Busker Festival yesterday.

Islander gets calls meant for RCMP

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WRONG NUMBER? RCMP are trying to figure out how a PEI man got a page intended for a member of the Mounties' Ottawa tactical team last week.

Sgt. Mark Gallagher said the Islander got a new pager in January and kept getting RCMP messages on it at odd hours.

It wasn't until last week that he got a message with a phone number, and when he called it, he got a message suggesting he would need a helmet and a gas mask for an upcoming protest on Parliament Hill.

Gallagher said the misdirected message didn't breach security.

"There's nothing there that could have jeopardized a lot, other than someone knowing where members are being deployed," Gallagher said.

He said RCMP are talking to the companies that provide their pagers to ensure that if their old pagers are being re-used, that the information on them is wiped clean first.

"Hopefully it won't happen again."

News in brief

APARTMENTS The public will get to have a say tonight on a proposed 16-storey apartment complex on Bayers Road in Halifax. Kassner Goodspeed Architects is asking the city to amend the municipal planning strategy and peninsula land use bylaws to allow for the development at 6955 Bayers Road. The site is on the north side of Bayers Road near St. Andrews Community

Centre and Alta Gymnastics, adjoining a city cemetery. The public hearing is scheduled for 6 p.m. at city hall.

CUTBACKS AbitibiBowater Inc. is once again getting ready for cutbacks. The company announced the trend of quarterly losses is continuing, losing almost \$251-million for the quarter ending June 30. This is up

from last year, when losses for the same quarter were down \$248-million. CEO Dave Paterson said the losses are due to a declining market for newsprint, and soaring operating costs. AbitibiBowater also suggested it will get tough during contract negotiations when they come up next year, although they did not elaborate on how it might do this.

FIRE A meat smoking unit is believed to have been the source of a fire which destroyed the Noel River Slaughterhouse late on the night of August 9. Firefighters responded to a call at the firehouse in the tiny community on the Fundy coast, but the building was completely overwhelmed. One firefighter was treated at the scene for heat exhaustion.

REUTERS

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5657 Spring Garden Rd.
6960 Mumford Rd.
1668 Barrington St.
740 Bedford Hwy. W

New Glasgow

Aberdeen Shopping Centre

New Minas

County Fair Mall

New Waterford

479 Heelan St.

Port Hawkesbury

20 - 47 Paint St.

Sydney

Mayflower Mall
Halifax Shopping Centre
337 Welton St.

Truro

245 Robie St.

Windsor

Fort Edward Mall

Yarmouth

Yarmouth Mall

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St. John's/Mount Pearl

Avalon Mall
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Master Cpl. Erin Doyle a soldier from an Edmonton-based battalion was killed early yesterday in southern Afghanistan when insurgents attacked his combat outpost in the Panjwaii district, military officials say. Doyle becomes the second soldier in three days to be killed in Afghanistan. SOURCE: CBC NEWS ONLINE

Canada

"I had realized what I had done, but unfortunately it was too late."

Canadian actress Paula Morgan speaking about leaving her wedding ring in a public bathroom during a costume change.



Stolen ring

Morgan, who is filming the 9-11 based movie *Diverted*, is appealing to whoever the stole the rings to return them to their rightful owner.

City recovering from blast

Toronto continues cleanup after propane explosion

Toronto is picking itself up and dusting itself off after Sunday's massive propane explosion turned the area into a wasteland.

There's a lot of dusting to do and it won't be cheap. The price tag on property damage and compensation for lost business is likely to be tens of millions of dollars. Some residents and store owners say they don't have insurance.

Mayor David Miller said Toronto couldn't stop the Sunrise plant from being built in a residential area. Miller vowed to try to root out other potentially lethal combinations of industry and housing. But he said once Ontario's Technical Standards and Safety Authority had approved Sunrise's application, the city's



Daniela Valente sits on a bench as she waits to be let back into her home the day after large explosions occurred at a propane facility in Toronto yesterday.

hands were tied.

The blast at the propane distribution plant drove some 12,000 people from

their homes. Firefighter Bob Leek died during the battle to control the blaze.

TORSTAR NEWS SERVICE

Police chief pleads for calm after riots

MONTREAL Youths went on a rampage in a Montreal neighborhood late on Sunday, clashing with riot police and setting cars ablaze in retaliation for the shooting death of an 18-year-old man a day earlier.

The violence follows an incident in a park in the same neighborhood where a police officer fatally shot the teenager and two other men were wounded as officers tried to make arrests.

Hundreds of officers in riot gear chased a group of youths in a culturally diverse part of north Montreal on Sunday after numerous incidents of vandalism, arson and looting.

The crowd hurled bottles at firetrucks arriving on the scene to douse the fires which lit up the neighborhood into the morning, reports said.

Montreal police Chief

Yvan Delorme called for an end to the violence and said the police are willing to do what it takes to improve relations with the community.

"They want to send the society a message, and I received that message," Delorme said. "I have to work with all the community to find the solution."

REUTERS

"They want to send the society a message, and I received that message."

Yvan Delorme



B.C. police look at pit bull owner

VANCOUVER Police questioned and released the owner of several pit bulls believed to be responsible for attacks in southern B.C. over the last 11 months yesterday.

The man, whom media reports have identified as 53-year-old Hal Harris, was arrested in Vancouver after neighbours reported seeing the green Dodge Caravan that has been linked to up to eight attacks in the area.

There are currently no official charges pending against him, though Vancouver Animal Control seized three adult pit bulls and one pit bull puppy.

METRO NEWS SERVICE

Friendly fire probed

SOLDIER DEATH The role of private security firms in Afghanistan is under renewed scrutiny as Canadian military investigators try to determine whether friendly fire by guards-for-hire killed a young Canadian soldier.

The Canadian military wouldn't comment yesterday, saying the matter is under independent investigation.

But Stars and Stripes, an American military newspaper, posted an article and video on its website that showed confusion as coalition forces tried to get an-

swers after the shooting that killed Master Cpl. Josh Roberts.

The officers suggested the convoy of private security guards opened fire, apparently thinking they were under attack.

"Their normal contact drill is that as soon as they get hit with something, then it's 360, open up on anything that moves," Maj. Corey Frederickson, part of a Canadian advisory team that trains and mentors the Afghan army said. "We think that's probably what happened."

TORSTAR NEWS SERVICE



Master Cpl. Josh Roberts

Ottawa Pregnant parking snub



Estelle Lauzon, 31, who is eight months pregnant, displays a free "Gold Member" parking permit sent from Ottawa transit after she complained to Metro that park-and-rides lack designated parking for expectant mothers, yet provide convenient spaces for paying "gold members".

Komagata Maru apology backlash

VANCOUVER When Prime Minister Stephen Harper apologized over the Komagata Maru incident of 1914 last week, he likely didn't expect the ensuing criticism that followed.

Community leaders denounced the apology, saying it was worth little because it wasn't made in the House of Commons.

Punjabi radio host Harjinder Thind anticipates the Indo-Canadian community will make an official apology an election issue.

TORSTAR NEWS SERVICE

News in brief

DRUG CRACKDOWN The union representing Canadian prison guards announced publicly yesterday that it is worried that a crackdown on drug smuggling in prisons could lead to more violent incidents like a day-long standoff at a maximum security prison near Kingston last week that ended in a two day lockdown.

POLITICAL AIDE A Quebec man charged with first-degree murder in the death of a provincial political aide will stand trial next January. The murder trial for Francis Proulx, 29, will begin in Rivière-du-Loup on Jan. 26. Proulx was arrested last May after Nancy Michaud's corpse was found in a house. METRO NEWS SERVICE

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WESTJET

Feds shut down charity for fraud

TAX SHELTER A Toronto charity that claimed it received \$464 million in donations for the city's poor has been shut down by the federal government.

The International Charity Association Network embellished the amount of donations it received over a three-year period as well as the amount of good work it did. It was part of a tax shelter scheme that saw donors get high tax receipts.

TORSTAR NEWS SERVICE

Conrad Black's son charged with leaving accident scene

ACCIDENT Jonathan Black pleaded guilty to reduced charges three "minor" Highway Traffic offences and was fined \$2,000 in court yesterday for striking a stopped car last March in the financial district and driving away.

The eldest son of imprisoned former media baron Conrad Black to pay three fines under the Highway Traffic Act: \$500 for failing to remain at the scene of an accident; \$1,000 for

driving under suspension; and \$500 for following too closely.

"Guilty," said Black, 30, when asked to enter a plea.

A Criminal Code charge for failing to stop after an accident was withdrawn by the Crown, replaced by the lesser Highway Traffic Act charge of failing to remain. The Crown also dropped a charge of driving with no insurance

TORSTAR NEWS SERVICE

Big whales recovering since hunt ban

Some large whale species such as the humpback, minke and southern right whale are recovering from a threat of extinction, helped by curbs on hunts since the 1980s, but many small species are still at risk, the International Union for Conservation of Nature said. **REUTERS**



World/Business

Georgia calls for help over Russian invasion

Moscow ignores Western pleas to halt incursion

Georgia called for international intervention yesterday and pulled its battered forces back to the capital, as Russian troops pushed deep into its territory, ignoring Western pleas to halt.

President Mikheil Saakashvili said Russian forces had taken control of Georgia's main east-west route, effectively bisecting the country.

Moscow snubbed a plea

Convoys to Armenia

The U.S. State Department said yesterday at least 170 American citizens from Georgia, as well as dependents of

embassy staff in the capital Tbilisi, joined several U.S. convoys bound for Armenia because of fighting with Russia.

from the Group of Seven (G7) industrial powers for a ceasefire. It said Georgia had not kept a promise to halt fighting and was shelling the Russian-held region of South Ossetia

where the conflict began last Thursday.

A feeling of uneasiness pervaded Tbilisi as for the first time in four nights, city streets were largely empty, with no evening

demonstration by the president's supporters.

The conflict erupted last Thursday when Georgia sent forces to retake South Ossetia, which threw off Georgian rule in the 1990s and declared itself independent, albeit without international recognition.

U.S. President George W. Bush urged Russia yesterday to end its armed conflict with Georgia.

REUTERS

Business

Canadian dollar seen dropping to 90 cents

CURRENCIES The Canadian dollar is more likely to drop below 90 cents US than return to recent levels above the greenback, as a faltering world economy and lower commodity prices put Canadian growth under pressure.

After being kicked out of the tight range it occupied from last November until late July, the Canadian dollar has not been able to halt a steepening slide that has it headed for its lowest level in well over a year.

Shaun Osborne, chief currency strategist at TD Securities, said he expects the norm for the Canadian dollar to be somewhere in

Background

- The loonie's 17.5 per cent surge last year put it briefly above \$1.10 US in November.
- The 21 per cent slide in oil prices from above \$147 a barrel in July and evidence the global economy is slowing have been blamed for the sudden decline because Canada is a key exporter of oil and commodities.

the range of 90 to 95 cents in the next three to five months. Less than a month ago the Canadian dollar was worth a touch more than a greenback.

THE CANADIAN PRESS

NASA drops 2013 target for Orion

SHUTTLE NASA has abandoned plans to get its replacement for the retiring U.S. space shuttles into service by 2013 because of a lack of additional funds and technical issues, officials said yesterday.

The U.S. space agency had hoped to fly astronauts to the International Space Station aboard a new spaceship called Orion as early as September 2013, well before its formal goal of March 2015.

The United States will be without a means to transport people to and from space after the shuttle fleet is retired in 2010 until the new ships are ready to fly. It intends to rely on Russia to ferry crews and on private companies to deliver cargo.

REUTERS

Neuroscientist Pakistani women show solidarity



Islamist party activists show solidarity with U.S.-trained neuroscientist Aafia Siddiqui during a demonstration in Hyderabad, Pakistan, yesterday. Pakistan has demanded consular access to Siddiqui, a Pakistani woman with suspected links to al Qaeda, who is due to be arraigned in New York today on charges of attempting to murder U.S. troops and FBI agents in Afghanistan.

Trump sues former lawyers

NAME New York property developer Donald Trump is suing his former lawyers, Morrison Cohen LLP, for \$5 million, saying the firm's use of his name on its web site and in interviews violated his privacy.

The law firm dismissed the lawsuit as an attempt by Trump to avoid paying \$600,000 in overdue legal fees.

REUTERS

In brief

AUTOMOTIVE Toyota Motor Corp. is considering exporting U.S.-made vehicles as it sees potential demand for its large pickup trucks and sport utility vehicles overseas. It is also considering cutting more temporary U.S. manufacturing jobs.

BOOK The authorized biography of billionaire investor Warren Buffett, the first written with his cooperation, is due for release on Sept. 29.

REUTERS

Tiffany appeals eBay ruling

LAWSUIT U.S. jeweller Tiffany & Co said it appealed a recent court ruling that found eBay Inc was not responsible for policing fake Tiffany jewelry sold on its website.

Tiffany sued eBay in 2004, alleging it turned a blind eye to the sale of fake jewelry on its website. But in July, all its trademark infringement claims were rejected.

REUTERS

News in brief

EARTHQUAKE A 5.1 magnitude earthquake shook east Venezuela yesterday morning, damaging buildings and forcing patients to evacuate a hospital in the oil producing region.

PLEA DEAL The so-called Preppy Killer, who served 15 years behind bars for strangling a woman in New York's Central Park in 1986, pleaded guilty yesterday to selling drugs and assault. In a plea deal with prosecutors, Robert Chambers, 41, agreed to a sentence of 19 years and four months in prison.

REUTERS

Former Thai PM Thaksin skips bail, flees to Britain

EXILE Former Thai Prime Minister Thaksin Shinawatra skipped bail yesterday and went into exile, accusing political enemies who removed him in a 2006 coup of meddling in the courts to "finish off" him and his family.

In a hand-written statement from London, the 59-year-old billionaire apologized to the Supreme Court for failing to appear in a corruption case, which also involves his wife.

"If I am fortunate enough, I will return and die on Thai soil, just like other Thais."

Thaksin Shinawatra

"If I am fortunate enough, I will return and die on Thai soil, just like other Thais," he said in a hand-written note.

REUTERS

Run for your long and healthy life

HEALTH People who want to live a long and healthy life might want to take up running. A study published yesterday shows middle-aged members of a runner's club were half as likely to die over a 20-year period as people who did not run.

Running reduced the risk not only of heart disease, but of cancer and neurological diseases such as Alzheimer's, researchers at Stanford University in California found.

REUTERS

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MoneyMatters

Henry Choo Chong

A reader wonders he should borrow money to invest in stocks now, while prices are low. For this week's Money Matters column, visit metronews.ca.

InvestmentPerspective

Allan Small

An investor cannot make any investment decisions without looking at the positives mutual funds provide, Metro columnist Allan Small writes in this week's column. Read Investment Perspective at metronews.ca

SmartCookies



So the discussion of pre-nuptial agreements might seem a little unromantic and out of place amongst talk of dresses and honeymoon destinations, but if you want to protect your financial future a pre-nuptial agreement is the way to go. Marriage, after all, is not just about joining your lives; it's about joining your bank accounts, your assets and (unfortunately for one of you!) your debts. Drafting up an agreement before your wedding day will give you both an opportunity to decide what will happen to income and assets if the marriage ends. For the hopeless romantic, talking about the 'D word' before even walking down the

Love in a time of pre-nups



With almost half of Canadian marriages ending in divorce, it's realistic to think you could be part of those stats.

aisle might be a bit much, but with almost half of Canadian marriages ending in divorce it's realistic to think you could be part of those stats. Talking about money before your big day can save heartache in the long term.

Of course it doesn't make sense for everyone to have an agreement drawn up before marriage but there are many situations in which you would be smart to consider it. For example, when you bring a home, stocks or inheritance into the marriage or if you are part-owner of a

family cottage or business, then you might want to protect the assets you and your family worked hard to obtain. Other reasons include when one of you has significantly more money than the other coming into the marriage or can foresee a significant amount coming your way in the very near future. An agreement is also important when one or both of you have children from a previous marriage.

When you begin to discuss the terms of your agreement be sure to draft up an initial document

yourself that you can bring to the lawyer. Having a well thought-out plan will save you time and money because you won't be starting from scratch while paying your lawyer by the hour.

And yes, it is essential to make sure the pre-nup is legally drawn up with a lawyer. Steven Spielberg's bank account is millions of dollars lighter these days because his pre-nup was written on the back of a napkin on his wedding day. Of course, just like wills, pre-nups can be updated. After years of wedded bliss you might want to review your pre-nup and make adjustments to previous decisions. Pre-nups are flexible and you should be too. After all, marriage is as much a financial union as it is a physical and emotional one.

If you have questions for the Smart Cookies, e-mail us at smartcookies@metronews.ca.

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Tip of the Day: To love and be loved is to feel the sun from both sides.
— David Viscott, *How to Live with Another Person*, 1974

Badminton

Anna Rice of North Vancouver, B.C., lost 21-7, 21-12 to China's Lu Lan yesterday in the Olympic quarter-finals. **METRO NEWS SERVICES**

Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Canadian rowers cruise

Heavily favoured men's eight dominate foes en route to berth in final

First, they got a ball cut off. Then, they almost got run over.

It was quite the eventful start for the Canadian men's world champion eight in their quest for Olympic rowing gold.

The Canadians narrowly avoided a collision with Australia in a bizarre incident in their opening heat yesterday, but went on to easily win to advance to Sunday's final.

"Now, it's about becoming Olympic champions," said Jake Wetzel of Victoria.

A day after their first race was postponed by a thunderstorm, the Canadians had to deal with a number of distractions.

First, as they were readying themselves on the start line, the starting gate came up and chopped off their bow ball. Coxswain Brian Price got the attention of officials, who decided the Canadians could proceed without the protective rubber piece at the end of the boat.

When the race began, the Canadians got out in front while the Australians tried to put up a challenge. Canada was ahead by more



Canada's men's eight dominated in the water yesterday at Shunyi Olympic Rowing-Canoeing Park at the Beijing Olympics.

than a boat-length well into the race when the Australians, suffering a rudder malfunction, suddenly veered into their lane, almost clipping them.

"I'll tell you, this has been a bizarre Olympics," said Wetzel. "The next thing we know Australia's in our lane, which in 10 years of rowing I've never seen anything like that. It's just bizarre. All of a sudden you saw them coming over and they just about hit the back of our boat."

Still, the Canadians seemed to take it in stride,

yuking it up and appearing to be a fairly loose bunch after the race.

"The Games is a big show, it's a big circus," said Adam Kreek of London, Ont. "It's living up to its expectations. It's great."

Wetzel said there's one thing that surprised him so far.

"The only thing that's unexpected is it's in China and the Chinese haven't

thrown anything at us yet," he said. "I was expecting something bizarre to be happening here, but it's gone very smoothly."

Added Kreek: "You hear stories from the Communist Games back in the '60s and '70s of like, fire alarms going off at midnight and dirty tricks like that being played, but none of that's happening."

TORSTAR NEWS SERVICE

Ford moving on in kayak slalom

CANOE-KAYAK David Ford of Edmonton qualified for the second round of the men's K-1 slalom yesterday at the Beijing Olympics by finishing 13th with a combined time of 174.84 seconds.

Ottawa's James Cartwright didn't get as lucky with his 13th-place finish in the men's C-1 slalom, as he fell one place short of advancing with a combined time of 184.63 seconds.

Aussies teach Canada a lesson

FIELD HOCKEY Australia kicked off their title defence in style yesterday by thrashing Canada 6-1 in men's Olympic field hockey with Des Abbott knocking in three goals.

Fergus Kavanagh, Eddie Ockenden and Grant Schubert also slotted home in the pool B match as the Kookaburras displayed just why they are rated the world's best team.

Peter Short of Richmond, B.C., scored Canada's lone goal.

Canada off pace in equestrian

EQUESTRIAN Canada's eventing team is in ninth place after completing the cross country segment of the competition.

The team of Kyle Carter and Sandra Donnelly, both of Calgary; Selena O'Hanlon of Elgin, Ont.; Samantha Taylor of Richmond, B.C.; and Mike Winter of Montreal sits well back of Germany, which leads the competition, followed closely by Australia. Show jumping, the final component of the event, takes place today.

Storms wash away Beijing pollution

WEATHER Beijing woke to a cool but overcast morning on Day 3 of the Olympics yesterday after thunderstorms cleared away the city's notorious smog.

Forecasters say cooler, wet weather will continue, easing fears that heat and humidity would make conditions intolerable for those competing outside.

But the next bout of heavy rain is not expected until early next week, the Xinhua news agency said.

METRO NEWS SERVICES

Women into repechage

• Canada's women's eights didn't fare quite as well as their male counterparts yesterday, as they finished third in

their preliminary round heat with a time of 6:12.68 and were relegated to tomorrow's repechage.

Canadians crumble on court

TENNIS Daniel Nestor of Toronto and Frederic Niemeyer of Deauville, Que., were bounced in the opening round of the Olympic men's doubles tournament yesterday by brothers Andy and Jamie Murray of Great Britain.

The Canadian duo won the first set on the strength of a strong service game. Niemeyer's elbow injury flared up in the second set and the Canadians were unable to maintain their momentum, dropping the next two sets despite heroics from the 35-year-old Nestor. The final score was 4-6, 6-3, 6-4 for the brothers from Scotland.

In men's singles action, Frank Dancevic of Niagara Falls, Ontario lost to world No. 10 Stanislas Wawrinka of Switzerland 4-6, 6-3, 6-2. Dancevic was a last minute addition to the singles draw, having less than a day to prepare.

Despite his early exit the 24 year old is enjoying the Olympic experience.

"It was an awesome experience being here," Dancevic said. "Just being around all the athletes and



Dancevic

around the atmosphere is a really cool thing."

Rafael Nadal and Roger Federer took their first steps towards Olympic gold yesterday with contrasting victories in the men's singles.

Top seed Federer breezed past Russian Dmitry Tursunov 6-4, 6-2, but Spain's Nadal dropped a set to Italy's Potito Starace for the first time before winning 6-2, 3-6, 6-2.

In the women's singles, China's Li Na upset No. 3 Svetlana Kuznetsova of Russia 7-6 (5), 6-4, while No. 2 Jelena Jankovic of Serbia beat Cara Black of Zimbabwe 6-3, 6-3.

METRO NEWS SERVICES

Judo Tritton gets dumped



Joao Pina of Portugal, left, battles Nicholas Tritton of Perth, Ont., in the men's under 73-kilogram judo event yesterday at the Beijing Games. Pina won the round of 32 match.

PAUL GUARNEY/REUTERS

As China hoped, the world did tune in for the start of the Beijing Olympics with various polls yesterday estimating about one billion people, or 15 per cent of the world's population, watched the opening ceremony. **REUTERS**

Sports in brief

BADMINTON Val Loker of Laval, Que., and Mike Beres of Ottawa were eliminated in mixed doubles in straight sets 21-9, 21-9 by Thailand early this morning in Beijing.

WATER POLO The Canadian men's water polo team were shut out 12-0 by Montenegro early this morning in Beijing. Montenegro delivered a balanced attack, with 10 of their 13 players scoring.

METRO NEWS SERVICES

BASKETBALL The United States inflicted a double dose of basketball blues on Olympic hosts China when their women's team powered to a 108-63 blowout win yesterday. The American men crushed the Chinese men 24 hours earlier.

SHOOTING Abhinav Bindra won India's first individual Olympic gold medal yesterday with a thrilling come-from-behind victory in the men's 10m air rifle.

REUTERS

Medal count

Rank	Nation	Gold	Silver	Brass	Total	Rank	Nation	Gold	Silver	Brass	Total
#1	China	9	3	2	14	#22	Thailand	1	0	0	1
#2	U.S.	3	4	5	12	#23	Austria	0	1	0	1
#3	S.Korea	4	4	0	8	#24	Colombia	0	1	0	1
#4	Italy	3	3	2	8	#25	Hungary	0	1	0	1
#5	Russia	0	4	2	6	#26	Norway	0	1	0	1
#6	Australia	2	0	3	5	#27	Slovakia	0	1	0	1
#7	France	0	3	2	5	#28	Sweden	0	1	0	1
#8	Japan	2	0	2	4	#29	Turkey	0	1	0	1
#9	N.Korea	0	1	3	4	#30	Vietnam	0	1	0	1
#10	Britain	2	0	1	3	#31	Zimbabwe	0	1	0	1
#11	Holland	1	1	1	3	#32	Algeria	0	0	1	1
#12	Czech Rep.	2	0	0	2	#33	Argentina	0	0	1	1
#13	Finland	1	0	1	2	#34	Belarus	0	0	1	1
#14	Spain	1	0	1	2	#35	Croatia	0	0	1	1
#15	Cuba	0	1	1	2	#36	Georgia	0	0	1	1
#16	Germany	0	1	1	2	#37	Switzerland	0	0	1	1
#17	Brazil	0	0	2	2	#38	Taiwan	0	0	1	1
#18	Indonesia	0	0	2	2	#39	Tajikistan	0	0	1	1
#19	Azerbaijan	1	0	0	1	#40	Uzbekistan	0	0	1	1
#20	India	1	0	0	1		Canada	0	0	0	0
#21	Romania	1	0	0	1						

(Count at the end of Day 3)

Professor prophetic so far

Plenty of strong competitors still yet to perform in Beijing

YorkReport

Marty York

marty.york@metronews.ca

Assembled in Beijing is a bevy of determined and dazzling Olympians — male and female, young and not-even-all-that-young, — and yet, as I watch these special athletes perform, I find myself thinking mostly about, um, a professor.

Damn that **Daniel K.N. Johnson**. Can't get him out of my mind.

I'd like to tell you the K and the N in Johnson's name stand for Knows Nothing, but I can't. That'd be irresponsible. The man's record actually speaks for itself. He's the dude I brought to your attention last week, the prof who devised a formula that has enabled him to forecast with uncanny accuracy how countries will fare at the Olympics.

And he emerged with a

pre-Beijing prediction of no gold medals for Canada.

Seriously, how nice would it be to imagine this man sitting in some corner at his college campus, wearing a dunce cap as his countrymen flourish in China?

Problem is, the bling thing isn't exactly happening excessively for Canadians, is it?

Heck, even Edmonton's **Susan Nattrass** — who has forever seemed to give Canada hope in trap shooting — failed to qualify for her final. She sure seemed to be sitting pretty initially but then missed a mind-boggling 25 shots in the third round. And, as

Susan was misfiring, I thought I heard Professor Johnson cackling.

Damn him. "I was in front of targets," Nattrass lamented. "I was behind targets. Over targets. Under targets. It was a mess. I need to go cry somewhere."

And, at 57, Susan likely is done as an Olympian. Not

that she should cry or feel any shame whatsoever. She first competed at the Montreal Olympics, with men, in 1976. Chaps she competed against then are grandpas with pot bellies now. I say Nattrass is a legend, even without a medal.

And ditto for **Jujie Luan**, the 50-year-

old fencing icon who won gold for China back in 1984 but couldn't get past her second opponent in Beijing as a Canadian Olympian.

Yes, Canadians have been falling early — including **Anna Rice** in badminton and **Frank Dancevic** in tennis. But I say authentic gold possibilities still loom. Maybe kayaker **Adam van Koeverden**. Possibly swimmer **Brent Hayden**. Perhaps taekwondo champ **Karine Sergerie**. There's the men's eight rowing team, which demolished opponents in its first heat on Chinese waters. And maybe, just maybe, even runners **Gary Reed** and/or **Tyler Christopher** can garner gold.

And if Reed or Christopher succeed, I'd encourage them to pick up one of those omnipresent cones at the track and bring it back home, where it can be utilized as a dunce cap. For Professor Johnson.

Damn him.

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Damn him.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.



Jujie Luan

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Phelps adds third gold to haul

Michael Phelps became only the fourth man to win a record nine Olympic golds when he powered to victory in the 200 metres freestyle swimming early this morning.

Phelps put on an imperious display to capture his third medal of the Beijing Games, leading from the start to win in a new world record time of 1:42.96, knocking 0.90 seconds off his old record, a huge margin.

The American's third gold in Beijing, not even half way through his long march towards a target of eight, sets him beside U.S. athletics great Carl Lewis, U.S. swimmer Mark Spitz and Finnish distance runner Paavo Nurmi in the record books.

The lanky 23-year-old also has Spitz's record of seven golds at a single Games in his sights.

His exploits have helped draw huge audiences for the Olympics back home, where broadcaster NBC said they had more viewers for any summer Games held outside the United States since 1976.

One woman, Soviet gymnast Larisa Latynina, also has won nine Olympic golds.

Each of Phelps' victories in the Chinese capital has come in world record time.



Michael Phelps of the United States celebrates winning gold in the men's 200 metre freestyle final early this morning at the Beijing Games. Phelps' time of 1:42.96 is a new world record.

Americans won three golds in under 20 minutes in a captivating morning swim session at the Water Cube pool.

American world champion Natalie Coughlin forced Zimbabwe's Kirsty Coventry to settle for a second silver in the women's 100 backstroke final.

American Aaron Peirsol, double Olympic backstroke champion in 2004, returned to break the world record and seize gold in the 100m backstroke in Beijing.

Fellow American Matt Grevers finished second to claim the silver.

3 down, 5 to go

Michael Phelps' goal of winning eight gold medals means he has a heavy workload, competing in 17 races, including heats, in less than a week. With three finals down, here's how the rest of Phelps' week shapes up:

- Tonight, 11:18 p.m. 200m butterfly
- Tomorrow, 12:16 a.m. 4x200m freestyle relay
- Thursday, 11:45 p.m. 200m individual medley
- Friday, 11:07 p.m. 100m butterfly
- Saturday, 11:55 p.m. 4x100m medley relay

REUTERS

Springsteen reportedly to play Super Bowl halftime show

Bruce Springsteen will reportedly play the halftime show at Super Bowl XLIII. The New York Post cited a source as saying Springsteen, the creator of such hits as Born in the USA and Born to Run, will take the field at halftime of the February 1 contest in Tampa. **METRO NEWS SERVICES**



Jankovic new world No. 1

The Sony Ericsson WTA Tour has crowned Jelena Jankovic, left, as the new world No. 1, as the official rankings were published yesterday. Jankovic replaces Serbian compatriot Ana Ivanovic, who drops to No. 2. Russia's Svetlana Kuznetsova is ranked third, American Venus Williams moved up one spot to fourth and Russian Maria Sharapova rounds out the top five.

METRO NEWS SERVICES

Sports

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Jays find offensive surge

Toronto ends three-game losing streak by pounding on Tigers

Blue Jays 7 Tigers 2

After a decade spent watching big-league baseball from his couch rather than a dugout, Blue Jays manager Cito Gaston has a tough time putting names with faces.

And that's just his own team.

Upon retaking the reins nearly two months ago, Gaston admitted that it took him a few days to figure out who was who in the Toronto bullpen. He recalled a moment during his first series back in charge in Pittsburgh.

Gaston came out to change pitchers.

"The umpire asked, 'Who is that coming in?'" Gaston said with a low laugh. The new manager was stymied. "I told him, 'I thought you would know.'"

Self-deprecating anecdotes are Gaston's stock in trade. This one slyly reveals a greater truth about the club's manager: He likes going with people he knows.

Ask John McDonald or



Toronto Blue Jays catcher Rod Barajas, right, celebrates at home-plate with Adam Lind after Barajas hit a solo home-run against the Detroit Tigers during the sixth inning of yesterday's game in Detroit. The Blue Jays defeated the Tigers 7-2.

Brandon League. Better yet, ask David Eckstein. Gaston's love of familiarity shows up nightly on the lineup card.

Last night, the manager had a chance to slot one of his most favoured pieces

back into the puzzle — Vernon Wells in centre field. Wells, who continues to rehab on the fly from a hamstring injury, responded with the sort of sparkplug game that has earned him the admira-

tion of all his bosses.

Wells was in the middle of two early outbursts that put the Tigers on the ropes early. He finished the night 2-for-3 with two runs scored.

The Jays won easily, 7-2.

Seven runs is more than the Jays scored in their previous three against Cleveland combined. The offensive shellacking overshadowed another solid start from Shaun Marcum. The 26-year-old did not dominate, but he kept the Tigers off-balance all night long. Both Tigers runs he allowed over six frames came on solo home runs to lead off innings.

The relief corps — so reliable recently that you don't need to know names, you just have to find the bullpen phone number — shut Detroit out from there.

The Jays led 6-1 after five and had already chased Tigers starter Justin Verlander from the game.

Verlander (8-13) lasted just 4½ innings, giving up six runs and seven hits. The 2006 AL rookie of the year has given up 24 earned runs over his last four starts, losing all four.

Catcher Rod Barajas was 2-for-3 with a home run, his tenth of the season, and three RBIs.

TORSTAR NEWS SERVICE

Doughty signs with Kings

NHL The Los Angeles Kings agreed to terms on a three-year entry-level contract with defenseman Drew Doughty yesterday.

Per team policy, terms were not disclosed.

Doughty was the Kings' second-overall draft pick in last June's draft out of the Ontario Hockey League.

The 18-year-old registered 13 goals and 50 points in 58 regular-season games with the Guelph Storm.

Lee, Byrd win weekly honours

MLB Houston Astros outfielder Carlos Lee was named National League Player of the Week for the period ending August 10. Lee led the National League with a whopping .550 (11-for-20) batting average.

Texas Rangers outfielder Marlon Byrd got the American League weekly honours. Byrd had multiple hits in six of his seven games last week and batted .571 with 16 hits in 28 at-bats.

Rookie Longoria headed to DL

MLB The Tampa Bay Rays placed rookie third baseman Evan Longoria on the 15-day disabled list yesterday with a fractured right wrist.

Longoria was hit by a pitch from Seattle Mariners closer J.J. Putz on Thursday which caused the injury.

The 22-year-old All-Star was hitting .278 with a team-best 22 home runs, 71 RBI, 27 doubles and a .533 slugging percentage in 104 games.

Galaxy shakes up its management

SOCCER Los Angeles Galaxy head coach Ruud Gullit has resigned for personal reasons, while Alexi Lalas has lost his job as president and general manager, the club said on its website yesterday.

The Galaxy, led by England midfielder David Beckham, are in the midst of a seven-game winless streak.

Bedford's Ante Jazic has played for the Galaxy since 2006.

METRO NEWS SERVICES

SCOREBOARD

MLB									
AMERICAN LEAGUE									
EAST DIVISION									
	W	L	PCT	GB					
Tampa Bay	71	46	.607	—					
Boston	68	51	.571	4					
N.Y. Yankees	63	56	.529	9					
Toronto	60	59	.504	12					
Baltimore	56	61	.479	15					
CENTRAL DIVISION									
	W	L	PCT	GB					
Minnesota	66	52	.560	—					
Chicago Sox	65	52	.556	½					
Detroit	58	60	.492	8					
Kansas City	54	64	.458	12					
Cleveland	52	64	.453	12½					
WEST DIVISION									
	W	L	PCT	GB					
L.A. Angels	74	43	.632	—					
Texas	61	58	.513	14					
Oakland	54	63	.462	20					
Seattle	45	73	.381	29½					
NATIONAL LEAGUE									
EAST DIVISION									
	W	L	PCT	GB					
Philadelphia	64	53	.547	—					
N.Y. Mets	62	56	.525	2½					
Florida	62	57	.521	3					
Atlanta	55	63	.466	9½					
Washington	44	75	.370	21					
CENTRAL DIVISION									
	W	L	PCT	GB					
Chicago Cubs	71	47	.602	—					
Milwaukee	68	51	.571	3½					
St. Louis	66	55	.545	6					
Houston	59	59	.500	12					
Pittsburgh	54	64	.458	17					
Cincinnati	52	67	.437	19½					
WEST DIVISION									
	W	L	PCT	GB					
San Francisco	60	58	.508	—					
L.A. Dodgers	58	59	.496	1½					
Colorado	53	67	.442	8					
San Diego	50	67	.427	9½					
Arizona	46	72	.390	14					
NATIONAL LEAGUE									
EAST DIVISION									
	W	L	PCT	GB					
Philadelphia	64	53	.547	—					
N.Y. Mets	62	56	.525	2½					
Florida	62	57	.521	3					
Atlanta	55	63	.466	9½					
Washington	44	75	.370	21					
CENTRAL DIVISION									
	W	L	PCT	GB					
Chicago Cubs	71	47	.602	—					
Milwaukee	68	51	.571	3½					
St. Louis	66	55	.545	6					
Houston	59	59	.500	12					
Pittsburgh	54	64	.458	17					
Cincinnati	52	67	.437	19½					
WEST DIVISION									
	W	L	PCT	GB					
San Francisco	60	58	.508	—					
L.A. Dodgers	58	59	.496	1½					
Colorado	53	67	.442	8					
San Diego	50	67	.427	9½					
Arizona	46	72	.390	14					

Diamondbacks swap for Dunn

MLB The Arizona Diamondbacks have beefed up their offense by acquiring outfielder Adam Dunn from the Cincinnati Reds in exchange for three prospects.

The Diamondbacks also received cash considerations in the deal, which will send minor league pitcher Dallas Buck and two players to be named later to Cincinnati.

Dunn, who will be a free agent at the conclusion of the season, has 32 homers with 74 runs batted in and a .233 batting average in 114 games. He entered Monday's play tied for the league lead in home runs.

The 28-year-old Dunn is



The Cincinnati Reds traded slugger Adam Dunn to the Arizona Diamondback for three prospects.

in his eighth big league season and had spent his entire career with Cincinnati. He has 270 home

runs, including four straight seasons with at least 40, and three times has eclipsed 100 runs batted in.

Arizona is already without injured outfielders Justin Upton and Eric Byrnes, and the club just lost second baseman Orlando Hudson for the season with a left wrist injury that required surgery.

Hudson will be transferred from the 15-day to the 60-day disabled list.

The 23-year-old Buck was 1-4 with a 3.94 earned run average for Single-A South Bend before being promoted to Single-A Visalia.

METRO NEWS SERVICES

Sports in brief

MLB The Toronto Blue Jays reinstated veteran outfielder Shannon Stewart from the disabled list yesterday, but then quickly released him. Stewart hit .240 with one home run

and 14 RBI in 52 games.

SOCCER Bayside's Derek Gaudet has signed a development contract with Toronto FC of Major League Soccer.

Gaudet, a midfielder with Halifax Dunbrack Bremner's, will train full-time with Toronto for the rest of the season and be available as a reserve.

METRO NEWS SERVICES

Truro-owned racehorse Somebeachsomewhere is back in the winner's circle after setting a race record at the Ontario Sires Stakes at Mohawk Racetrack, on Sunday. Somebeach's record is now 11-1, with the three-year-old's only loss coming in July at the \$1.1 million Meadowlands Pace. **METRO HALIFAX**

Playoff preview ends in draw

Halifax City ties the game after Halifax County loses a man to a second yellow card

An aggressive game between two playoff-bound teams ended in a 1-1 tie last night between Halifax City Caldwell Bankers and Halifax County Premier Van Lines.

The two teams will have a chance to rematch, as they're set to play each other in the playoffs of the Nova Scotia Soccer League Premiership.

The start of last night's game at Halifax Mainland Common was filled with whistles. There were 14 penalties in the first half combined. Halifax County had the edge offensively and broke open the scoring with a goal by Istvan Lakner in the 32nd minute.

"It was basically a break-away on the right-hand side. Istvan ... gave it a good shot and it was right in the back of the net," said Halifax County coach Jose Farias Martinez.

"Most of the game we had good possession of the ball. We had a free kick in the second half and it went

"It was pretty even until that red card, but then the momentum shifted for us."

Kristin Kirincich

off the post. That would have been, in my opinion, a very difficult score to come back from. But we missed that chance."

The turning point came in the 67th minute when Halifax County defender Rory Kennedy slid for the ball cleats-up to get his second yellow card, ejecting him from the game.

Shorthanded, County had to adjust their team, playing with a 4-4-1 setup, instead of having two forwards.

City took advantage in the 74th minute when Kristin Kirincich nailed his 12th goal of the season to tie the game.

"It was pretty even until that red card, but then the

momentum shifted for us," said Kirincich.

"You take Rory Kennedy out of the game and it makes things that much easier. It opened things up for us for sure."

The game had one final moment of drama in the dying minutes as Lakner drove the ball up for Halifax County looking for his second goal. He fired a shot from the right side missing the goal by inches.

Halifax County now sits in second place overall with 12-4-3 record. City is right behind in third with a record of 11-5-2. The undefeated Halifax Dunbrack Bremner's are in first at 16-0.

These two teams will next meet each other in the playoffs.

"The winner of (the playoff match) will go to the final. So for us, this was a bit of a tune-up game," said Martinez. "Even though we only had ten players we had more chances than they did."



Halifax County Premier Van Lines and Halifax City Caldwell Bankers played to a 1-1 tie last night at the Halifax Mainland Common. The teams are due to face each other again in the playoffs of the Nova Scotia Soccer League Premiership.

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Top seeds on track at Open

PAUL MCLEOD
paul.mcleod@metronews.ca



TENNIS The top two seeds in the Steele Subaru Nova Scotia Open have cruised through the first three rounds of the Steele Subaru Nova Scotia Open this week.

Top seeded Adam Becker defeated Brent Keough and Will Connolly to advance to the quarter-finals. No. 2 seed Phil Anderson beat out Dennis Keaveney and Luke Saunders. Both had byes for the first round of the tournament.

"I've been playing good. It's gone pretty well," said Anderson, after defeating Saunders 6-2, 6-0 yesterday.

Anderson of Halifax and Becker of Bridgewater have played each other several times in the past. Most recently Anderson eliminated Becker at the tournament in 2005.

Becker has missed the last couple years because the dates conflicted with his school, the University of Texas at San Antonio.

But now he's back and the two could be set to meet again in the finals.



Top seed Adam Becker

"Me and Adam pretty good friends," said Anderson. "We play in doubles every once in a while. He's a good tennis player."

He said the two put their friendship aside once they step onto the court.

"It's nothing personal, you know? It's a game of tennis. You're trying to win, both of us are trying to win."

On the women's side, top seeds Sarah and Caroline Tremaine both advanced into the quarter-finals with byes.

This is the 100th playing of the Nova Scotia Open, which first started in 1901 but missed eight years due to war.

In total, about 261 participants are taking part in 32 events at the Waegwoltic club. The participation is a new record for the tournament.

Nova Scotian invited to national camp

DIVING Nova Scotia's provincial diving team coach, Jarrett MacKay, has been invited to a national training camp to develop Canada's next top swimming stars.

The Canadian Junior Diving Team Training Camp will be held in Ontario this week and features ten coaches from across the country. Jarrett is also assistant head coach with the Cygnus Diving Club in Halifax and coached the Nova Scotia Canada Games diving teams in 2001 and 2005.

Canada takes on Switzerland

HOCKEY Canada's Under-18 men's hockey team will open the 2008 Memorial of Ivan Hlinka tournament in Piestany, Slovakia today against Switzerland in Group B action.

Canada will play Sweden tomorrow and wrap up the round robin the hosts Slovakia on Thursday.

Canada has already defeated the United States and Czech Republic in exhibition games. Those teams, along with Russia and Finland are in Group A.

METRO HALIFAX

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 2.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Dorm room chic



Assorted carpets. Angela Adams Lulu pool wool area rug, top, \$599, at Home Depot, homedepot.ca. Area rugs (4x6), \$34.97, Wal-Mart, wal-mart.ca. Also available in flower, stripe and square pattern.

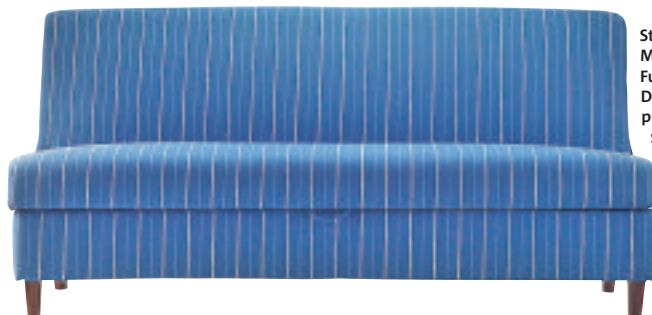


Reed diffusers, \$18 each, Pier 1 Imports, pier1.com.



Pink ottoman with storage inside, \$24.97, available at Wal-Mart. Also available in black, white and lime. Visit wal-mart.ca for locations.

Magazine hanger, \$15, Pier 1 Imports, pier1.com.



Style Factory Multi-Functional Davenport pullout couch, \$400, Sears, sears.ca.



Red lacquer table, \$159.99, and linen slipper chair, \$399.99, both by HomeSense. Available at Homesense.ca.



Various candle holders — Abbot Square, \$9.99, mini, \$5.99, and flower votive holder, \$9.99 — available online only at homedepot.ca.

IKEA/PS lockable laptop workstation, \$59.99. Also available in red. Go to ikea.ca for store locations.



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Test of endurance, humility

Surviving frosh week considered a badge of honour for freshmen

RICK MCGINNIS
Metro Canada



As a prelude to the challenge of earning an undergraduate degree and the implied promise of a lifetime of middle-class privilege or better, the modern university has decreed that their newest intake of students must also test their ability to endure pointless rituals and relentless partying in the company of total strangers.

It's called frosh week, and while you're at liberty to ignore it, be warned that you'll miss out on what's suggestively dubbed a "bonding experience," not to mention access to a shared anthology of racy stories and a souvenir T-shirt whose every stain you'll consider a badge of honour — at least until the smell coming off the thing will wilt a pine tree and you'll toss it in the wash.

Universities cherish their history and their traditions,

so while it's been a quarter-century since I was a college freshman, the trials and temptations of frosh week haven't changed much since then, and in the spirit of age imparting hard-won knowledge to youth, I offer this primer of advice to the freshman class of 2008, knowing full well that it'll be ignored with a blank-eyed nod. This, too, is tradition.

First of all, avoid any activity that involves the words "greasy" or "pole." This warning is all the more urgent when the words occur concurrently. Any activity that pairs a boy and a girl together will likely involve no small amount of sexual humiliation, but avoid it at your peril. Contrary to everything you've been told, gyrating with a hula hoop in tandem with a pretty co-ed who will never look you in the eye again, or racing across a grassy quad with a rubber glove full of cooking oil sandwiched between your pelvises is the



There's every likelihood that there will be drinking going on during frosh week.

closest thing to "action" you're probably going to see.

Depending on your prospective major, it's likely that you will, at some point, be showered with a vivid dye that you will be encouraged to maintain at the cost of full daily hygiene for the duration of the week. Do not balk at this bit of peer pressure — your dignity is at its low-

est-ever market value right now.

Finally, there's every likelihood there will be drinking going on, and should you indulge, please read and try to memorize the brief primer to the right, as it's offered with the full weight of experience and hard-won wisdom behind it.

At the end of the week, should you survive, you'll

have a stumbling familiarity with the campus grounds and have made a whole bunch of new friends, but don't worry — you have until the end of term at the very least to shake them and find a whole new crowd who won't remember your drunken pop-locking or the sleazy orientation leader who you tongue-kissed on the dance floor.

throw up neatly

- Much as you might want to suppress the urge to throw up, don't. You have drunk far too much, and this is your body's way of saying that you're going to die unless the poison is expelled. It's a fact — just ask anyone in pre-med.
- Should you make your way to a suitable receptacle, try not to hang your head down when you hurl. Lift your chin and keep your throat straight and level — it'll be easier on your chest, and improve the likelihood that your new Adidas Superstars will survive until Thanksgiving weekend.
- Pinch your nostrils closed with your thumb and forefinger. Yes, it can come out of your nose, and it'll burn. You're having second thoughts by now, aren't you?
- You might have noticed some pro who brushes his teeth after the dry heaves have subsided. While freshening your breath is a good idea, stomach bile softens tooth enamel, which will eat away under toothpaste abrasives. It's a fact — just ask anyone in dentistry, and hey, you're already learning stuff, aren't you?

— RICK MCGINNIS

Undergraduate

AQUA 100.66 - Introduction to Aquatic Resources
BIOL 112.66 - Diversity of Life
BSAD 231.66 - Foundations of Marketing
BSAD 415.66 - Electronic Business
PSCI 291.66 - Violence, Conflict & Politics
PSCI 395.66 - Mexican Politics
PSYC 100.66 - Introduction to Psychology
PSYC 260.66 - Developmental Psychology
SOCI 100.66 - Introduction to Sociology
SOCI 210.66 - Sociology of Marriage & the Family
SOCI 250.66 - Deviance and Social Control

Courses for Registered Nurses

BIOL 105.77 - Introductory Cell and Molecular Biology
BIOL 115.77 - Microbes in Human Biology
BIOL 251.77 - Human Anatomy & Physiology I
BIOL 252.77 - Human Anatomy & Physiology II
DNUR 230.77 - Nursing of Women, Children & Families
DNUR 300.77 - Research Methods
DNUR 330.77 - Legal and Ethical Issues in Nursing
DNUR 473.77 - Basic Concepts of Pathophysiology
DNUR 483.77 - Palliative Care Nursing
DNUR 488.77 - Challenges in Aging: Implications for Nursing
DNUR 490.77 - Forensic Nursing

Distance Programs

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Diploma in Assisted Living: Human Care & Community
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Certificate in Gerontological Nursing (Post RN)
Certificate in Interdisciplinary Studies in Aquatic Resources
Certificate in Spirituality
Certificate in e-Commerce

Graduate Studies in Education

Education 501.66 - Program Evaluation and School Data Management
Education 506.66 - Quantitative Research Methods in Education
Education 508.66 - Critical Research Literacy in Education
Education 5201.66 - Current Research in Curriculum: Health
Education 521A.66 - Current Research in Instruction: English Language Arts
Education 527.66 - Principles of Learning
Education 529.66 - School & Teaching Effectiveness
Education 532.66 - Curriculum Theory
Education 533.66 - Dynamics of Change
Education 538.66 - Nature of the Reading Process
Education 567.66 - School Law
Education 569.66 - Global Education
Education 569.67 - Multilayer Pedagogy
Education 569.68 - Computer Games and Elementary Age Literacy Learning
Education 569.69 - Ethics and Moral Value Issues in Education
Education 569.70 - Sustainable Leadership
Education 569.72 - Portfolios
Education 573.66 - Professional Development and Supervision
Education 581.66 - The Role of the Principal

Personal/Professional Development

ALHC 110 - Foundations of Disability and Caregiving
ALHC 120 - Relationships, Advocacy and Vision
ALHC 130 - Human Development
ALHC 140 - Building Community
ECOM 110 - Introduction to e-Commerce
ECOM 120 - e-Commerce/e-Business Strategy
LTGY 110 - Liturgical Foundations
MNST 110 - Ministry in the Christian Community
MNST 120 - Adult Religious Education
MNST 130 - Biblical Foundations
MNST 140 - Christian Sacraments
MNST 150 - Contemporary Catholic Issues
SPRT 110 - Spirituality in the Christian Tradition
SPRT 120 - Exploring Prayer and Spirituality
SPRT 130 - The Life and Writings of Henri Nouwen
SPRT 140 - Spirituality of Family and Relationships
SPRT 150 - Spirituality of Healing

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**Distance
Education**



Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 2.

Expectations key to successful relationships

AMANDA TRUSCOTT
for Metro Canada



Starting college or university is a big change, and when life changes, friendships and relationships often change too. That doesn't mean they have to end, says Marilyn Barnicke Belleghem.

Barnicke Belleghem, a registered marriage and family therapist, says it's easier than ever to stay connected, but planning is key.

E-mail, instant messaging and cheap long-distance plans are all great tools, she says. The trick is to get people's contact information before you leave high school, pick and choose the people who really matter, and then plan in advance to get together when you're not in school.

"So, you want to pick a specific time, and say, 'Let's meet the Saturday of

"A lot of times, people get carried away, and if they don't know what those expectations are, the peer pressure can be pretty heavy."

Marilyn Barnicke Belleghem

Thanksgiving weekend, for example," she says.

When it comes to romantic relationships, she says clarity is key. "I believe that good relationships are based on good deals, and when each person knows what's expected of them, what their side of the deal is, and that they agree to it."

For example, do you refuse to go out in mixed groups? Are you allowed to dance with members of the opposite sex? Whatever



If you're planning on having a long-distance relationship, it's important to clarify the rules before you go, experts say.

er your limits are, Barnicke Belleghem suggests setting them before you go.

"Because, a lot of times, people get carried away, and if they don't know what those expectations are, the peer pressure can be pretty heavy."

Josee Lafleche, whose boyfriend went to university in Ohio while she studied in Ottawa, says the first year is the hardest. "That's when you establish all the rules, sort of, and your trust basis."

"You just have to take it a day at a time. That's

what we finally told ourselves. Just, no pressure."

Ten years later, they're married and happier than ever, she says.

For both friendships and romances, Barnicke Belleghem says keeping an emotional connection becomes extra important

when distance removes the physical connection.

"When we share with people, and we share with them who we are and how we're feeling and what we're thinking, not just what we're doing, it tends to make a stronger bond," she says.

Going back to school can be fun

RAFAEL BRUSILOV
for Metro Canada



Going back to school after spending years in the workforce can feel like a daunting change, but with the right mindset you can make a smooth transition.

Don't fear your classmates; many are probably in the same boat as you.

"The wonderful thing about Continuing Ed. is that the people who surround you are adults, so it's not as intimidating when you're with people who are in the same situation,

If it's been a long time since you've been in school, consider taking a refresher course in something you enjoy, such as wine tasting.

facing the same challenges and looking for the same thing," said Judith Plessis, executive director of Continuing Studies at the University of British Columbia.

Don't think of going back to school as a setback — the truth is that almost every job nowadays requires some kind of re-training to keep your career moving forward.

"Continuing Education now is a big part of every profession. Understanding that it's an important part of how you go through your daily work is key," Plessis said.

Most CE schools and faculties offer a wide variety of courses and study options, from night courses to online learning and even weekend options. Anita Shilton, dean of

the G. Raymond Chang School of Continuing Education at Ryerson University, where 84 per cent of its students are employed full-time, says most faculties understand the busy schedules of students and plan course options accordingly.

"Many adults find it challenging to juggle increasingly busy work schedules and family life, so look for courses and programs that allow flexibility such as (learning) online, in evenings and on weekends," Shilton said.

If it's been a long time since you set foot in a classroom, consider taking a refresher course in something you enjoy as a practise run, Plessis suggests.

"Once you feel confident in the classroom, it can be like a spark plug that gets you going," Plessis said.

Do you know this child?

What is a learning disability?

A child may have a learning disability if he or she...

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- Is passive, distractible, impulsive or hyperactive.
- Finds social situations difficult. Can't cope and often becomes withdrawn.
- Has poor gross or fine motor coordination. Consequently, may run awkwardly, hold crayons in a peculiar way, write poorly and avoid participation in sports and games.
- Has difficulty extracting main ideas from conversation or stories.
- Is sometimes repetitive, saying or doing the same things over and over

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Number of part-time grad students jumps by 3.6%

LINDSAY JONES
lindsay.jones@metronews.ca



There may be a few more grey hairs on university campuses.

While undergraduate enrolment is on the decline in the region, the most recent Association of Atlantic Universities numbers shows a 3.6 per cent jump in the number of part-time graduate students.

"That's reflective of the whole trend around life-long learning and the requirement for one to continue to advance," said Peter Halpin, executive director of the Association of Atlantic Universities. "My bet is many, if not all, the part-time graduate students are people working in government, business or whatever field who are seeking an advanced degree in addition to their undergraduate degree."

In Nova Scotia, the numbers of graduate part-timers rose three per cent. Saint Mary's University had the largest increase of any university in the province of nearly 17 per cent.

Halpin says Saint Mary's Sobey School of Business Executive MBA is a good example of a program that's popular among seasoned business people.

Kelly Fraser, executive manager of the EMBA program, says last year's class was the largest ever, with 36 students enrolled.

"When you consider the fact that the number of baby boomers that are retiring over the next five to 10 years, ... companies are looking for people from or from outside their organization to take those positions over," Fraser said.

"(People are) looking for additional skills in leadership and education to take over those more senior roles."

The program allows people to complete an MBA while continuing to work full-time. Students come to class every second Friday and Saturday for two years.

She said the average age is 40, and most have at least five years of work experience ranging from accounting to health care CEOs. About 30 per cent of the class is women.

Frustration part of moving day

RAFAEL BRUSILOV
for Metro Canada



Tears, frustration and crushing traffic — all in a day's work on the busiest moving day of the year.

While the summer is already high moving season across North America, the largest number of moves happen on Aug. 31, for a couple of reasons — a large percentage of leases expire that day and it's generally one of the last guaranteed free days before the school year starts.

For people planning to move on or near that day, the strategy is simple: Get organized and booked as far in advance as you possibly can, whether you are hiring movers or just renting a truck to do it yourself.

"It's even difficult to find a rental truck. People panic and they start crying on the telephone. Book as far ahead as you can," said Frank Martin, an executive vice-president with Canada-wide moving company Premiere Van Lines.

Once you're booked, get-



JOHN F. ZAK

If you're moving before the school year starts, it pays to get organized and book a moving truck as far in advance as possible.

ting rid of the clutter is crucial.

"Get rid of things you don't need, because moving companies will either charge you by the hour or, for long-distance moves, by weight," Martin said.

Pack away any loose things into labelled boxes to save time and money and remember to use smaller boxes for heavier

things and save the larger boxes for lighter things, to ease carrying.

For fragile or expensive items, spend the extra dough to let a professional pack them. Most moving companies will not insure owner-packed fragile items, such as artwork, glass or fine china, so it will probably pay off in the long run to have them

packed safely and correctly by a professional crew. If you want to save on packing costs, pack the non-breakable stuff yourself.

"Packing services can be pricey, so you can have the movers pack the fragile items while you pack books and papers and anything non-breakable yourself," Martin said.

Before hiring a moving company, make sure they are licensed and bonded, meaning you can make claims against them if you are unhappy with the service and the employees have undergone background checks.

"Call for references and look for moving companies affiliated with Canada-wide organizations like the Better Business Bureau or the Canadian Association of Movers. You want to avoid the pool-hall variety of mover," he said.

For students or other people with lower budgets for moves, Martin recommends avoiding the summer months altogether as prices will be highest then. The cheapest time of year to move? January.

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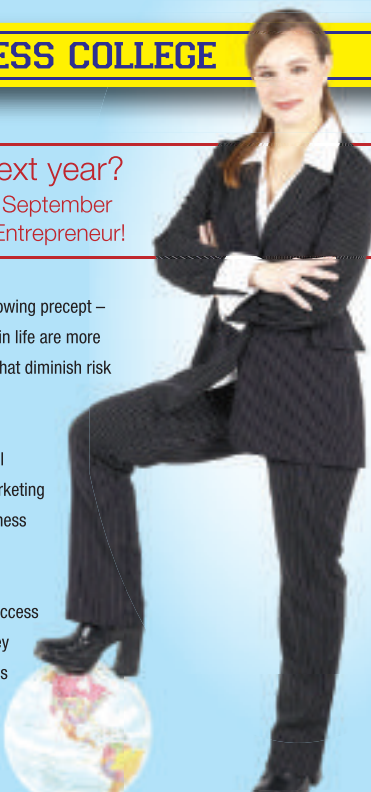
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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 2.

Centres lend a hand

Campus counsellors ready to help

ERIC EMIN WOOD
for Metro Canada



Feeling depressed? Failing class? You're not alone — and every university has facilities to help.

"We try and make sure that students can have someone they can talk to from pretty much 10 in the morning to one in the evening if they're having emotional distress," says Farrah Issa, service co-ordinator with the Peer Help Centre at the University of Ottawa.

"On the more emotional side, we have a soundproof room where students can come and discuss their

problems in a supportive environment. We also have a phone line that encompasses the same services that operates in the evening," she says.

Students visit the centre for several reasons, says Issa. "We often get people coming in because they're lonely and haven't really been finding someone to connect with," she says. Relationship troubles are another big one.

If the Peer Help Centre can't assist a student, staff will refer them to someone who can. For instance, University of Ottawa students who wish to protest a grade or exam result can visit the Student Appeals Centre.

"Basically, when a student feels a decision has been unfairly made, for example they missed an exam day because they were sick and health services refuses to recognize the certificate that they brought because it wasn't from the on-campus clinic, they can appeal that decision," says Issa.

"There's a lot of different clubs on campus. If someone is dealing with issues regarding sexuality for instance, we'll probably say, 'Why don't you visit the Pride centre,'" she says.

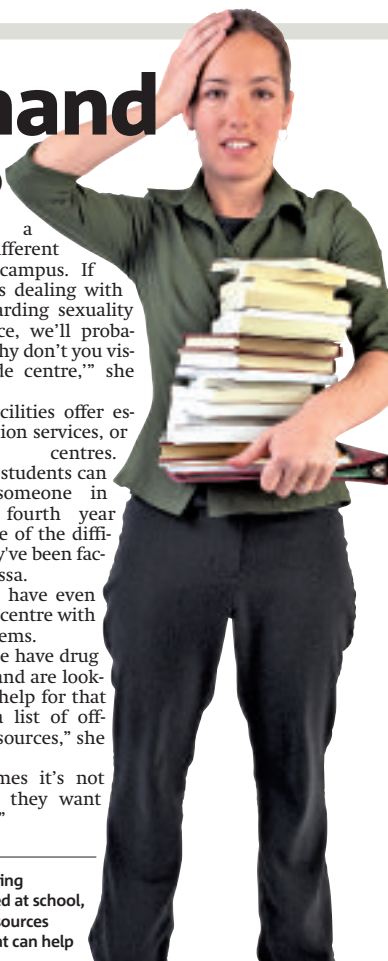
Other facilities offer essay correction services, or mentoring centres. "First-year students can talk to someone in third or fourth year about some of the difficulties they've been facing," says Issa.

Students have even visited the centre with drug problems.

"If people have drug problems and are looking to get help for that we have a list of off-campus resources," she says.

"Sometimes it's not something they want to address."

If you're feeling overwhelmed at school, there are resources available that can help



Back-to-school tips for all students

- **Stay organized:** Keep a separate notebook or binder for each subject. This will make for easy reference and help to keep notes organized.
- **Stay healthy:** You will feel great and it will also give you an extra boost of energy needed for studying and staying alert in class. Keep lots of healthy snacks on-hand for late-night gatherings.
- **Get Active!** Join the school

gym and make an effort to go during the week. Student life can be busy, but working in just 30 minutes of physical activity a few times a week will leave you energized and will relieve stress. Sports are a great way to meet people.

- **Be tech-savvy:** Always use a USB key or Jump Drive to back up your work to avoid losing valuable documents.

NEWS CANADA

On the web

- For Dalhousie University's Student Services, go to studentservices.dal.ca (Click on "Safety, Health and Wellness" for links to counselling services and "Academic Resources" for links to academic help.)

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Intermediate 1 - Tuesday 1:00-3:30PM

Intermediate 2 - Monday 9:00 - 11:30AM

Intermediate 4 - Monday 1:00 - 3:30PM

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Payments can be made in person (cash, debit, Visa or Mastercard) or by fax (Visa or Mastercard).

New students: We will hold 3 Information and Registration nights

on September 15th, 16th and 17th between 1:00PM and 7:00PM. Students are asked to come on site to register and undergo a short assessment to determine their level. The whole process usually lasts 30 minutes

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DALHOUSIE UNIVERSITY
Inspiring Minds

Healthy snack options

To avoid the "Frosh 15," Weight Watchers recommends some easy-to-prepare and healthier alternatives when dining in a college cafeteria:

- **Mexican Lovers:** Instead of munching on a burrito loaded with all the high calorie fixings, make a bean quesadilla. Top half a large tortilla with beans (lots of protein for energy) and nutritious veggies, such as diced tomatoes, chopped onions and salsa, and a bit of shredded low-fat cheese if it's available.

- **Italian Night:** Pasta Primavera. Enjoy those comforting noodles with lots of vegetables, such as broccoli and mushrooms. Top with tomato sauce.

- **Potato Power:** For a meal loaded with fibre and flavour, top a plain baked potato with mixed raw veggies and salsa.

- **Super Salad:** Combine mixed greens with tons of raw veggies (carrots, peppers, tomatoes, beets, etc.), torn turkey-breast slices or cubed tofu, beans (make sure they're not swimming in oil) and a splash of a reduced-calorie dressing. Top with a teaspoon or two of sunflower seeds for a bit of crunch and toss.

- **Snacks on the Go:** Grab an apple, pear, orange — whatever is available at the cafeteria — for dessert and for snacks later in the day. Load up on raw vegetable sticks from the salad bar for snacks, too. (Keep some small zip-close plastic bags in your knapsack.)

— LEYLA EMORY

'Frosh 15' avoidable

Cut down on snacking while studying, experts say

LEYLA EMORY
for Metro Canada

Frosh and 15 go together like rum and coke. With a new crop of bright-eyed students poised to enter the halls of higher education, there are ways to keep the expansion to the mind and not the waistline.

"People tend to drink more calories," says Dr. Natasha Turner ND, the clinical director and owner of Clear Medicine (clear-medicine.com). "They eat late at night. They mindlessly snack when studying. They get caught up with the rigours of class and stop exercising."

Dr. Alison Duncan of the Department of Human Health and Nutritional Sci-

ences at University of Guelph agrees. The changes aren't in what students eat, but how they eat, and a failure to burn it off, according to a study she and a colleague conducted.

"Anecdotally, we found that people weren't having the breakfast-lunch-dinner pattern. So even though the calories and nutrients weren't changing, when they ate, combined with the lack of activity, may have contributed to weight gain. For instance, a lot more late-night eating and less breakfast consumption."

Not good, warns Turner. "Don't skip meals," she says. "Make sure to have protein at breakfast and try not to eat in the three-hour period before bed."

She also recommends drinking lots of water.



An increase in computer use and study time can contribute to weight gain, as can drinking a lot of calories, experts suggest.

"Most people confuse hunger for thirst."

And always take your vitamins. "A multi-vitamin with fish oil can prevent weight gain and prevent cold and flus."

There's also what you eat. "Avoid temptation," says Jessica Smerling, RD, the corporate program development specialist at Weight Watchers. She recommends filling the mini fridge with healthy snacks "like pre-cut carrot sticks, fresh fruit and low-fat yogurt."

In regards to the cornucopia that is the dining hall, Smerling offers this advice: "Fill half the plate with salad or vegetables, a quarter with protein (preferably lean) and the remaining

quarter with starch (preferably whole grain)."

And then there's physical activity, or lack of it. Duncan's study showed an increase in computer use and study time. "Students going for a walk in their study groups" is one way to combat the sedentary life of a scholar, says Duncan.

"[Exercise] doesn't have to take a lot of time," says Turner. "You can get away with doing high intensity, shorter, harder workouts three times a week. So even on a tight schedule, you can do things in the dorm room like push-ups, sit-ups, and lunges."

"It takes up less time but you'll get just as effective fitness gains."



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lifestyle **19**

Health



Foreign-born kids less active

Foreign-born children in the United States and U.S.-born children of immigrant parents get less exercise than other kids, raising their risk of obesity and other problems, a study showed yesterday. The study, led by a U.S. government researcher, found that 11 per cent of U.S.-born children with U.S.-born parents were physically inactive, defined as having no days in a given week in which they got at least 20 minutes of vigorous exercise. **REUTERS**

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Here's the BBQ grill drill

CELIA MILNE
for Metro Canada

Nothing's better than a summer barbecue with friends and family. So here's a barbecue health reminder: Don't let raw chicken, pork or beef — or the juices from those meats — touch other foods and take the sizzle out of your fun.

The danger is that Salmonella, a type of bacteria found in raw meats, can spread to foods we are about to eat.

"One of the ways that infection occurs is through cross-contamination of raw and cooked foods. This can be a common occurrence during barbecuing," says Dr.



Salmonella can occur by placing cooked meat on the same plate that held raw meat.

Amit Bhavsar, an expert on Salmonella at the Canadian Institutes of Health Research, based at the University of British Columbia in

Vancouver.

A typical no-no? Slicing strawberries on a wooden cutting board that was used for raw chicken and not

cleaned properly.

Or placing cooked meat on the same plate that held the raw meat. Think of utensils as possible germ carriers

Salmonella facts

• According to Health Canada, approximately 6,000 to 12,000 cases of Salmonella are reported in Canada each year. Because many milder cases are not diagnosed or reported, or are believed to be the "stomach flu," the actual number is estimated to be higher. **METRO**

Usually resting and drinking lots of fluids is all that is needed to recover.

Just another day at the (home) office

HineSight

Anne Hines



Working from home — the ultimate dream. Well, not working at all — that would be better. And, not being at home would be good. So... lying on a beach tended by cabana boy, Brad Pitt, wearing a leopard skin thong — the ultimate dream.

But for those who haven't achieved that yet, working from home comes in a close second place.

Being a Metro columnist

means spending many work days at home, writing. I'm just like Carrie in *Sex and the City* except without the great clothes, men, cocktails and doing anything that involves staying out past 9 p.m.

There are downsides to working alone. When everyone else is whooping it up at holiday office parties, you'll be wondering if you should take your laptop out for a festive lunch at Mandarin. And, complaining about the boss isn't nearly as much fun.

The upside is setting your own schedule. Mine goes like this:

9 a.m.: At desk, ready to work. Had great column idea

last night: "Top Ten reasons to stay friends with your ex-spouse. #1. Do it for your children — sooner or later you're bound to want him to take them off your hands."

This column will write itself. Turn on computer. Surprised to find it hasn't.

9:05 a.m.: Check Internet for vital, breaking news. Whoopy Gold-

berg has slept with 50 different men. Doesn't say if it was all at once. Might write about that instead.

9:13 a.m.: Scan weather site in case of monsoon warning.

9:35 a.m.: Mother calls. Very annoying. Explain patiently that just because I

work at home doesn't mean I'm just sitting around staring out the window.

9:40 a.m.: Sit and stare out window.

9:45 a.m.: So bored am ready to gnaw own arm off. Telemarketer calls. He finally hangs up, claiming he has things to do. Sit pondering alternatives to working. "Living in a cardboard box under a railway pass" comes to mind.

In the end, sure the commute is great, but so are things like co-workers and someone else making the coffee now and then. So maybe, when it comes to working, "there's no place like the office."

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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Lost producer ABC Studios has quietly started paycheck renegotiations with the drama's stars, Matthew Fox and Evangeline Lilly, who each earn about \$150,000 US per episode. **TVGUIDE.COM**

Entertainment

Mullane added

Halifax-based recording artist Jon Mullane, left, whose music was recently featured in NBC Olympic promos, has been added to the lineup for *Weir Rockin'* 08 on Aug. 23 in Upper Sackville.



In brief

OPERA Dal Music is launching a Sunday Night at the Opera video series starting this September. The once-a-month event will include a screening of videos featuring some of the brightest stars of the medium, including the Three Tenors. A brief history of the work will be presented before the start of the screening. The series starts Sunday, Sept. 7, with Verdi's *Nabucco*. All screenings take place at the Kilam Library at 7 p.m.

ARTISTIC CHAT Argyle Fine Art is hosting talks by artists Gordon MacDonald and Trevor Van den Eijnden, who are both showing new works at the gallery in Historic Properties tomorrow at 7 p.m. MacDonald will speak about his process of painting on copper and Van den Eijnden will discuss his interesting process of mixed media works and his fascination with crows.

TUNES AT NOON The Tunes at Noon series continues tomorrow with a free performance by folk-electric artist Rebekah Higgs at noon in Grand Parade. There will also be a performance by southern rock musician Jason Haywood on Thursday, and folksinger Ruth Minnikin on Friday.

METRO HALIFAX

Finding quality by accident

DEAN LISK
dean.lisk@metronews.ca



He went into the studio to record demos, not an album. That plan changed after Steven Bowers heard the quality of the material.

"I liked what we ended up getting," the musician said. "It ended up becoming a little bigger."

Bowers is set to release his third CD, *Homing*, at The Carleton tomorrow night. He co-produced the album with fellow Pictou Co. resident Dave Gunning, who also assisted Bowers on his last release, *Wonderlust*.

"It was the quality of the material and the people I had brought in," said Bowers about why he decided to do an album. "I had been doing some opening

dates for Dave on the road, and he had an upright bass player from Cape Breton called Ed Woodsworth, and Ed is incredible.

"He was in town and ended up coming by and helping me with the bed tracks for the demos," he said. "We ended up having six tracks that are on the album."

"Half the battle was completed, so we decided to finish."

The final result includes performances by a number of respected artists from across the region, including Meaghan Smith, Carmen Townsend, JP Cormier and Key Corbett.

Homing also features a song Bowers co-wrote with Ron Hynes.

Both men share the same manager, who first suggested they work together while Bowers was putting his *Wonderlust* album together.

"I showed up all spry and eager and Ron strolled in and tossed me a book and said 'Go to the last page, there are some lyrics there and I want you to write a song about it.'"

While that episode gave



Steven Bowers is set to release his third album, *Homing*, this week.

birth to the song *Only One*, this collaboration resulted in the creation of *Salesman*. "When I started dating my wife, I started working on *Salesman*, and it remained unfinished for a while. I was playing it for Ron and we ended up finishing it in 10 minutes

"Half the battle was completed, so we decided to finish."

Steven Bowers

with his tutelage," Bowers said Hynes is very methodical about the way he ap-

proaches a song, and has a lot of insight when it comes to structuring verses and bridges — and how to keep everything simple.

"He gave me the direction to bite the bullet and finish the song. Ninety per cent of the time finishing the song is the problem."

DVD picks

Smart People

Director: **Noam Murro**

Stars: **Ellen Page, Dennis Quaid**

Rating: **14A**



HOW UNFORTUNATE for Ellen Page that the terminally dull *Smart People* follows so soon after her breakthrough success with *Juno*. Her obnoxious Young Republican Vanessa seems like a nastier version of Juno MacGuff, minus the teen pregnancy. To those unfamiliar with her many varied roles in Canadian films she could seem a one-trick pony.

Dennis Quaid is Lawrence Wetherhold, an English professor at Carnegie Mellon Univer-

sity and the widowed father of two unhappy kids: Vanessa, 17, and her older brother James (Ashton Holmes).

A chain of contrivances leads to Lawrence meeting hospital nurse Janet (Sarah Jessica Parker), who punches the clock in the thankless role of love interest.

The film's sole spark is provided by Thomas Haden Church, who grabs a few smiles as Lawrence's freeloading brother.

Church also gets a few grabbers in amongst the nine deleted scenes, which are good enough to suggest that better editing would have improved the film. Lawrence would still be insufferable, though.

Page gets in a zinger when Church muffs a line: "You got nominated for an Oscar?"

Too bad the rest of *Smart People* isn't this sharp.

WarGames: 25th Anniversary Edition

Director: **John Badham**

Stars: **Matthew Broderick, Ally Sheedy**

Rating: **PG**



BARELY A WEEK goes by when we don't hear of a hacker breaking into a "foolproof" computer system. It always brings to mind *WarGames*, the 1983 techno-thriller that seemed fanciful 25 years ago, but which today stands as prophesy.

The filmed stars a young Matthew Broderick and Ally Sheedy as teenagers who tap into NORAD's computer, inadvertently starting a

World War III countdown. *WarGames* was made before the Internet was a media slut, and before everybody and their dog had a blog. There was no World Wide Web in 1983, and Soviet Union was still intact, as was the Cold War.

Broderick and Sheedy hack into NORAD's nuclear missile silos using a primitive, text-only computer, with a modem that requires acoustic cups.

Yet the alarm they cause, and the potential for global war, is entirely plausible in our paranoid world.

WarGames was among the first of the Internet movies (although the Internet is never mentioned) and it was arguably the best, putting character development and story ahead of technology — something today's techno-thrillers could learn from.

TORSTAR NEWS SERVICE

Entertainment in brief

PRESLEY UPSET Lisa-Marie Presley has distanced herself from an upcoming Marie Claire exclusive, accusing magazine bosses of simplifying a heartfelt interview she gave the publication, femalefirst.co.uk reports. Presley offered the magazine exclusive pregnancy shots, taken by friend Davis Factor, and sat down for a three-hour chat. But she's far



Presley

from happy with what the magazine's editors have done with her candid interview. "I gave a three-hour heartfelt interview and what became of it was quotes that were usually about something else entirely in the conversation, grossly simplified and taken way out of context and sprinkled randomly and erroneously throughout the two pages," Presley wrote in a website blog. "If you want it (magazine) for the photos then great but I am not behind the article at all."

STAR'S FATHER ARRESTED Hayden Panettiere's father, Alan, was arrested early yesterday morning at the family's West Hollywood home for felony domestic violence, sheriffs confirmed to People magazine. "There was a domestic argument between the mother and father," Sgt. Scott Wolf of the West Hollywood sheriffs said.

"He got upset and struck the mother in the face one or two times on the left cheek which caused some bruising. From what I'm told, he hit her with a closed fist. The mother called police shortly before 3 a.m., and Mr. Panettiere was taken into custody. He's been cooperative. Earlier, they were at a party and the husband apparently felt disrespected by his wife."

On Sunday evening, Hayden hosted a benefit for the Whaleman Foundation at Eva Longoria's Beso restaurant in Hollywood, also attended by her parents. Alan Panettiere is currently in custody, pending \$50,000 US bail.

METRO NEWS SERVICES

Marty takes on TV

Moviemaker Martin Scorsese, right, is set to take his directing talents to the small screen in an upcoming U.S. television pilot. The Oscar-winner is reportedly in negotiations to direct forthcoming HBO show *Boardwalk Empire*. **IMDB.COM**



Hayek not anti-marriage

IN PRODUCTION A cancelled wedding hasn't put Salma Hayek off the institution of marriage — the newly single actress is creating a reality show about tying the knot, **imdb.com** reports. Hayek last month called off her engagement to Francois-Henri Pinault, the father of her daughter Valentina. But she is pressing ahead with a new show themed around weddings. Hayek's producing credits include *Ugly Betty* and TV movie *In the Time of the Butterflies*.

METRO NEWS SERVICES

Mummy unwraps overseas victory

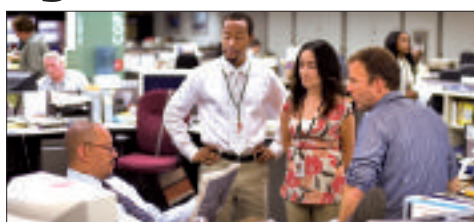
BOX OFFICE The Mummy: Tomb of the Dragon Emperor triumphed at the international box office for a second consecutive weekend, earning an estimated \$56.1 million from 49 territories. The China-set adventure thriller has racked up an overseas haul so far of \$141.1 million, almost double the domestic tally of \$70.7 million in the same period. Mummy easily bested the weekend's No. 2 title, *The Dark Knight*.

REUTERS

Simon's anger visible in The Wire's final season

DOWN TO THE WIRE: The fifth and last season of HBO's *The Wire* comes out on DVD today, a 10 episode box set that puts a full stop to the show that one critic has called "the best TV show ever broadcast in America," and one that seemed to live in the shadow of HBO peers such as *The Sopranos* and *Deadwood*, garnering just a single Emmy nomination over five years despite copious critical raves. I had to do a lot of homework to jump right into the show's fifth season after missing the previous four, reading episode synopses and character descriptions and a half dozen articles online to jump into the final chapter of a story that creator David Simon intended to be novelistic in the strictest sense — an episodic drama with a huge cast representing almost every facet of life in the crime and corruption-ridden city of Baltimore.

What made it easy was that Simon, a former Baltimore Sun crime reporter with an open and implacable



Canadian actor Clark Johnson (left) played city editor Gus Haynes in the final season of *The Wire*.

resentment against his former employer and the business of newspapers in general, set much of his show's final season in the newsroom of the Sun, introducing a whole new set of characters to illustrate the place of the media in the city's polluted social ecosystem.

Each of the four previous seasons had concentrated on some other aspect of the city — the corners where the gangs dealt drugs, the docks where the drugs enter the city, City Hall and the schools, where potential new salesmen and soldiers for the corners are created — but the newsroom

was the world that Simon knew best, and he had clearly saved it for the series' summing up.

Simon has to be congratulated for putting the most realistic newsroom I've ever seen onscreen; far from the nest of amiable eccentrics or the self-important hive of activity shown in films from *His Girl Friday* to *All The President's Men*, his Sun newsroom is a hushed cubicle farm, demoralized from a series of staff cuts that have had the unfortunate effect of increasing the politicking endemic to newsrooms to an almost desperate pitch.

Earlier this year, The Atlantic ran a long article on Simon calling him "The Angriest Man In Television," and it's a mark of his anger that he manages to paint the

Sun's executive and managing editors — based on his onetime bosses — and a callow, ambitious young reporter that they patronize despite his obvious fabrications with as much or more venom than he uses to depict drug bosses, gangland psychotics or corrupt politicians. It's a bleak world Simon creates — so bleak that the otherwise laudatory Atlantic piece suggest that "it suggests that his political passions ultimately trump his commitment to accuracy or evenhandedness." There's more than a hint of vendetta

to Simon's generous contempt, and it occasionally makes it feel like he's colouring outside the lines with characters and situations, exaggerating to make a point, in a manner that's an eerie echo of his fabricating young reporter. With this in mind, it's hard to fault the Emmys for their reticence in celebrating Simon's show, despite its many virtues and an almost unprecedented host of fine performances.

Rick McGinnis writes about music, movies, books and television, but not opera.

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critics' corner

South Park
Remember seeing those pictures of smokers' lungs in health class? Or maybe your school didn't get into that much detail and just held an anti-smoking assembly, like in this episode, "Butt Out." After the presentation, the boys decide to give smoking a try. They're caught and become the focal point of director Rob Reiner's anti-tobacco campaign. 10:30 PM on COMEDY



Rockability 514
Montreal residents sure do love their rockability. For those who don't know what that is, it's a musical mix of country and rock (think Elvis). This special highlights a select group of people as they try to put together and participate in a huge festival featuring rockability artists of the past and present. 10 PM on BRAVO

Hope & Faith
Yeah, this'll be good. Flighty and usually indecisive Faith (Kelly Ripa) has a big decision to make in Part 1 of "The Marriage." Who's she going to marry? Gooch or Larry? No one knows, least of all Faith. Both men have proposed to her, but she's not sure she wants to give up the single life for anyone. 10:30 PM on CMT

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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/12/08	31	31	31	ABC	News (N)	ABC World News	Chronicle	Wipeout	Wanna Be? (N)	Sarah Connor Chronicles	Primitime-Med	Without Trace
	7	7	7	ASN	Twice in a Lifetime	Wheel-Of-Fortune	Jeopardy!	Supernanny	La Grande Evasion (HDTV)	Big Brother 10	Without Trace	Without Trace
	1	1	1	CBC	XXIX Summer Olympics (HDTV) From Beijing. Swimming, finals; gymnastics, women's team final; baseball: Canada vs. China. (Live)	XXIX Jeux Olympiques	China	La Zone olympique (N) (SC)	Le Téléjournal	XXIX Jeux Olympiques	Without Trace	Without Trace
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	NCIS: Stakeout (HDTV)	Big Brother 10	Without Trace	Without Trace
	69	69	69	CTM	TVA 18 heures	Sûre-sûre	Les Anges de la rénovation	Kmh (SC)	Caméra café	La Grande Evasion (HDTV)	TVA 22 heures	TVA 22 heures
	6	6	6	CHIF	Entertainment	ET Canada	In Plain Sight	Wipeout	Without a Trace	Big Brother 10	News (N)	News (N)
	9	9	9	CJCH	TMZ (N)	Jeopardy!	Canadian Idol	Robson Arms	Without a Trace	Law & Order: SVU	News (N)	News (N)
	10	10	10	ELTV	(6) EastLink Television			Podium TV	EastLink Television	EastLink Television		
	36	36	36	FOX	The Simpsons	King of the Hill	TwoHalf Men	TwoHalf Men	House "Alone"	Sarah Connor Chronicles	Fox First	Fox First
	12	12	12	NBC	News (N)	NBC News	Hollywood	Olympic Zone	XXIX Summer Olympics (HDTV) (Live)	CBC News: The National	National	National
prime time	29	29	29	NW	BBC World	Business	Beijing Today	Assignment: Beijing	Wide Angle (N)	Amusement	Amusement	Amusement
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	One on One	Nova (DVS)	Journey to Planet Earth	Wide Angle (N)	Amusement	Amusement
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	BBC World	Nova (DVS)	Journey to Planet Earth	Wide Angle (N)	Amusement	Amusement
	68	68	68	TOS	Les Simpson	L'éte est Flash	Ste-Madeleine	Chemin du golf	Viree d'enter *** (2001, Suspense)	Steve Zahn	110 pour cent	110 pour cent
	23	23	23	BNN	Stars & Dogs	Business News	Market Call	Workopolis TV	Talking Tax	Taking Stock	Market Call	Market Call
	18	18	18	CNN	(5) The Situation Room	Lou Dobbs Tonight	Quest-Card	Golf Central	CNN Election Center	Larry King Live	Cooper 360	Cooper 360
	54	54	54	GOLF	The Turn	Inside PGA	Quest-Card	Golf Central	Highway 18	Highway 18	Highway 18 (N)	Highway 18 (N)
	52	52	52	RSE	Prime Time Sports	MLB Baseball Toronto Blue Jays at Detroit Tigers. From Comerica Park in Detroit.	Stump-Schwab	Stump-Schwab	EPL Retro	Football Factories	Score Tonight	Score Tonight
	55	55	55	SCOR	Drive This	Game On	Stump-Schwab	Stump-Schwab	EPL Retro	Football Factories	Score Tonight	Score Tonight
	45	45	45	SPD	Unique Whips	Unique Whips	Pass Time (N)	Unique Whips	Low Life	SuperCars	Super Bikes!	Super Bikes!
news	53	53	53	TSN	Off the Record	SportsCentre	XXIX Summer Olympics (HDTV) From Beijing. Beach volleyball, men's; basketball, men's; boxing. (Live)					
	43	43	43	FAM	Zoey 101	Life Derek	That's-Raven	Smart Guy	Naturally Sadie	Han, Montana	Life Derek	Ned's School
	44	44	44	TOON	6teen	Johnny Test	George-Jungle	Tom & Jerry	Tom and Jerry	Total Drama	Futura	Tank Girl
	26	26	26	TREE	Fifi-Flowerfots	Backyardigans	Ni Hao, Kai-lan	Night Grdn	The Wiggles	Little Bear	Miss Spider	Comfy Couch
	27	27	27	YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Prank Patrol	Goosebumps	Goosebumps	Prank Patrol	Mystery Hnt.
	16	16	16	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)	The Cleaner "Rag Dolls"	The Cleaner	The Cleaner
	70	70	70	APTN	First Talk	News	Wilpogwad	La Course	Regards	Presserebel	Guides	Tears
	50	50	50	BET	106 & Park: BET's Top 10 Live (N)		Hell Date		Soul Plane ** (2004, Comedy) Kevin Hart, Tom Arnold.	Baldwin Hills	Baldwin Hills	Baldwin Hills
	37	37	37	BRVO	Street Legal		Bazart	BravoVideos	A Little Bit of Elvis	Rockability 514	Rehearsal Hall	Rehearsal Hall
	60	97	97	CLT	Help TV		The West Wing		True Murder	Psychic Detect	Ext. Evidence	Traders
sports	25	25	25	CMT	Cherry Cross Canada Countdown	Big Valley Jamboree	Air Force	22 Minutes	Beyond Chance	Reba	Hope & Faith	Home Improve.
	49	49	49	COM	Laughs	Comics!			Laughs	The Simpsons	South Park	Comedy Inc.
	153	153	153	COURT	Missing Link		The Investigators		The Practice	Surviving-Impact	Investigators	Investigators
	38	38	38	DISC	What's That About?	Daily Planet			How It's Made	Mighty Ships "Henry Larsen"	Deadliest	Deadliest
	34	34	34	HGTV	Holmes on Homes	House Hunters	Property Virgin		How It's Made	Colin & Justin's Home Heist	The Stagers	The Stagers
	46	46	46	HIST	Disaster-Cent.	Masterminds	NCIS "Family Secret"		Cities of the Underworld	Cities of the Underworld	NCIS	NCIS
	17	17	17	MM	Gone Wild	Gone Wild	The American Film (2008, Musical Comedy) Nina Dobrev.		Instant Star	Instant Star	Instant Star	Instant Star
	19	19	19	MMM	MusicProfile	mmtop10.com	Uncovered	Listed	Madonna: The Wild Angel	Hogan Knows	Hogan Knows	Hogan Knows
	201	201	201	M1	As You Like It	(7:45) Becoming Jane ** (2007, Biography) Anne Hathaway.			The Heartbreak Kid ** (2007, Comedy)			
	48	23	23	OLN	Don't Forget Your Passport	Exploration	Videos	Survivorman	Angry Planet	Surf Patrol	Adventures	Adventures
family	51	51	51	PEACH	Friends	Seinfeld	MLB Baseball Chicago Cubs at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)				Family Guy	Family Guy
	206	206	206	PIX	(6:30) Jaws 4 (1987)		(8:15) Blind Terror ** (1999, Suspense) Maxim Roy			Wayne's World ** (1992, Comedy)		
	67	67	67	RDI	RDI Pékin 2008	RDI en direct	Grands reportages (SC)			Le Téléjournal	Chine	Le Téléjournal
	39	39	39	SHOW	Trailer Park	Billable Hours	ReGenesis (HDTV)			Trailer Park	Kenny-Spenny	CSI: NY
	40	40	40	SLICE	Skin Deep	Opening Soon	Of Leash	Til Debt-Part	Newlywed	In Laws	Plastic-Perfect	Plastic-Perfect
	47	47	47	SPACE	Relic Hunter	StarGate SG-1			Star Trek: Voyager	Blood Ties (DVS)	Batliestar Gal	Batliestar Gal
	14	14	14	SPIKE	CSI: Crime Scene Investgtn.	CSI: Crime Scene Investgtn.	Look-A-Like	Hollywood	TMZ (N)	Madonna	Look-A-Like	Elien Show
	57	98	98	STAR	eTalk	Star Treatment			What Not to Wear	Must Love Kids (HDTV) (N)	What Not to Wear	What Not to Wear
	21	21	21	TLC	What Not to Wear				ET Canada	What Happen?	Family Guy	Seinfeld
	56	34	34	TROP	Tube Tales	Vanity Insanity	News Show	News Show	Say Yes-Dress	Reception	Family Guy	Seinfeld
cable variety	20	20	20	TV5	Que-champion	Journal de Fr2	Toute une histoire		Pas bête		La Prophétie d'Avignon	Virtual
	28	28	28	V	Mysterious Ways		Murder, She Wrote		Eyes Down	On the Buses	Quantum Leap	Joz-H
	22	22	22	W	Shopping Bags	House	Will & Grace	Friends	Mixed Out	Style by Jury	Style by Jury	Good Naked
	251	251	251	WGN	My Wife-Kids	According-Jim			MLB Baseball Chicago Cubs at Atlanta Braves. From Turner Field in Atlanta.			WGN News

The X-Files star Gillian Anderson prefers to get around on London's subway system, because, according to her, she doesn't attract unwanted attention. IMDb.COM

Celebrity Buzz

Eva Longoria: Starter hubby had tough go

RELATIONSHIPS Eva Longoria Parker has admitted she was a bad wife to her first husband Tyler Christopher, imdb.com reports.

The Desperate Housewives star wed the U.S. soap actor in 2002, but their marriage only lasted two years.

And the star confesses she wasn't the dutiful wife she

is to her second husband, basketball star Tony Parker, insisting she was too young for marriage.

"He was a lovely man, but I was very young," she says. "I didn't know who I was, and I was still struggling as an actor."

I was a terrible wife."

METRO NEWS SERVICES



GETTY IMAGES/PHOTOS

Shia with the ladies

DATING Actor Shia Labeouf is convinced he's unlucky with women, because he's not a typical Hollywood playboy, imdb.com reports.

The Transformers star, 22, admits he's become a hit with the ladies since his sudden rise to fame with roles in a series of box-office smashes this summer, but insists he has yet to perfect his pickup lines.

"I'm

enjoying myself," he says.

"But I'm not great with women, dude. I'm not a closer. I can chat all night long, but I'm not the guy who goes, 'OK, back to my room.'"

"I've never been that way. It's not my presence, I just can't do it."

"But it's not been a priority of mine for a while."

METRO NEWS SERVICES



Keira talks sex with ma

FAMILY Actress Keira Knightley has revealed she talks frankly about sex with her mother, the Daily Mirror reports. Knightley, 23, described her playwright mother Sharrman Macdonald, 57, as a "chilled-out hippy."

"Mum and I would always talk about sex," Knightley said. "She'd come up to my room, have me roll her cigarettes and then tell me I had to have one with her."

"It's not the typical mother-daughter thing,

but but we're extremely close."

METRO NEWS SERVICES



celebrity brief

'Homewrecker' seeking bailout

CAREER Sienna Miller has reportedly begged her married lover to help save her Hollywood career, femalefirst.co.uk reports.

The actress is said to be terrified film bosses will avoid working with her because she has been branded a "homewrecker" since she started dating actor Balthazar Getty.

Miller has reportedly asked Getty to try to convince his estranged wife Rosetta to release a statement confirming their marriage was over before he started dating Miller.

"Sienna is being portrayed as a femme fatale and fears for her career because Hollywood hates a

homewrecker," a source told Britain's News of the World. "She hopes Balthazar can get Rosetta to put out a statement saying their marriage was already over."

METRO NEWS SERVICES



Knight, partner thinking adoption

ADOPTION Grey's Anatomy star TR Knight and his partner are reportedly planning to adopt a child, femalefirst.co.uk reports.

Just six months into their relationship, 35-year-old Knight and 19-year-old student Mark Cornelsen are exploring possibilities and watching closely as friends try to adopt a child.

"One of our friends is in the middle of it right now, and it's been fun to see the whole process," Cornelsen says.

METRO NEWS SERVICES



celebrity briefs

Minnie might dump daddy

FAMILY Pregnant Minnie Driver says she's not sure if she will stay with her child's father, the Daily Mail reports. The actress – due any day – hasn't revealed the baby's father. "I don't know if I'll stay with the guy," she said.

METRO NEWS SERVICES



It's solo status for Julia Stiles

RELATIONSHIPS The Bourne Ultimatum star Julia Stiles has split from her artist boyfriend Jonathan Kramer, imdb.com reports. The pair, who dated for more than two years, are citing "irreconcilable differences" for the breakup.

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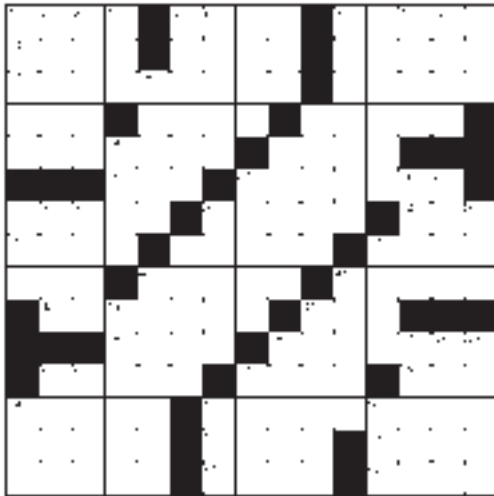
* health benefits to full-time employees. Fully Refundable Course Fee Applies.

Tying the knot

Kate Moss may be planning to marry her boyfriend Jamie Hince in December. The supermodel reportedly told friends the pair will tie the knot in Ireland after postponing plans to marry this summer. FEMALEFIRST.CO.UK



Take Five



Crossword down

- 1 Guided a raft
- 2 Fiber plant
- 3 Vinegar bottle
- 4 Howard or Berry
- 5 Not injured
- 6 Fervent wishes
- 7 Racetrack shape
- 8 I've been —!
- 9 Reggae's country
- 10 Brunch fare
- 11 Spock's captain
- 12 Future turtles
- 13 Mother rabbit
- 18 Grounds
- 22 Fierce anger
- 24 Fixes a squeak
- 25 Sitters' banes
- 27 Kind of cocktail
- 28 Remote
- 29 Stripe
- 30 Flurry

- 31 Cafe handout
- 32 Noise from a pager
- 33 Does 9 holes
- 35 Jewel
- 37 Long for
- 38 Over with
- 40 Exhausted
- 41 Vietnam's capital
- 43 Argument
- 44 Meal
- 46 Founder of science-fiction
- 47 On top of
- 48 Injures a matador
- 49 Wield, as authority
- 50 Robin Cook novel
- 51 Running wild
- 52 Jet route
- 54 Duck foot
- 55 Gown's go-with
- 56 Cargo hauler

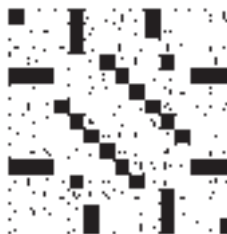
Crossword across

- 1 Fill a trunk
- 5 Oops! (hyph.)
- 9 Said in fun
- 14 Human eater
- 15 Exploding star
- 16 Baja pal
- 17 Shuttle's need (2 wds.)
- 19 Combine
- 20 Festive night
- 21 "The Clan of the Cave Bear" author
- 22 Takes a hike
- 23 Slow routes
- 25 Soft, ripe cheese

- 26 Is, to Fritz
- 27 Geometric pattern
- 30 Mosey along
- 33 Persona non —
- 34 Newton filling
- 36 Poor grades
- 37 Salad days
- 38 Glazier's unit
- 39 — for the books
- 40 Pastrami sellers
- 41 Sheik's bevy
- 42 Hang glider's aid
- 44 Pub, prosecutors
- 45 Headphones

- 46 Classic
- 50 Log home
- 52 TV host Jay —
- 53 Gift container
- 54 Amazon, e.g.
- 55 Predator
- 57 Chew the scenery
- 58 Actress — Heche
- 59 State positively
- 60 Made cookies
- 61 Look searchingly
- 62 Twig shelter

previous day's answer



Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

A relative's absurdity reaches new heights. People in charge will raise roadblocks. Someone has played hard and lost the game.

TAURUS

APRIL 21-MAY 21

A scoundrel tries to cheat a current playmate. Someone makes an unscheduled departure. Rely on yourself to fulfill your own needs.

GEMINI

MAY 22-JUNE 21

Illness will cancel certain plans. An absurd talk will please you. Don't push too hard for a complete disclosure.

CANCER

JUNE 22-JULY 22

Bizarre behaviour gets stale fast. Contact someone to collect a family photo. A compulsive talker tells you about a delay.

LEO

JULY 23-AUG 23

A flirtation is a win-win situation. Precious moments will lighten your mood. A bewitching person changes your plans.

VIRGO

AUG 24-SEPT 22

Someone will try to deceive you. Be realistic about your expectations. A confession will change your attitude.

LIBRA

SEPT 23-OCT 23

Do the right thing, in spite of your issues. A headache results from being too serious. Find an easier way to become well-known.

SCORPIO

OCT 24-NOV 22

Don't rush into a difficult situation. Be calm when dealing with an agitated person. If you sidestep a problem, it will just go away.

SAGITTARIUS

NOV 23-DEC 21

Control the tendency to be outspoken. Tact is needed to deal with an erratic woman. Profit is made from an unusual venture.

CAPRICORN

DEC 22-JAN 20

Someone will ask you to escape more often. Make amends for a wrongful act. Ditch a parasitical friend.

AQUARIUS

JAN 21-FEB 18

Start pampering yourself. Mischief-making leaves someone else holding the bag. You'll get a lucky break and enjoy abundance.

PISCES

FEB 19-MAR 20

A job-related issue needs fine-tuning. Passion takes a back seat to practicality. Kindness allows you to escape from misery.

STICKLEERS
-Terry Shotton-

Here's a puzzle I call a "sticklers" puzzle. The rules are simple: you merely change one letter on each line to make a new word and continue until you reach the final word.

There may be more than one answer.

Example:

LEAF	CHAP
—	—
—	—
—	—
—	—
—	—

New try this one:

STAGE
—
—
—
—
—

Previous Answer
The answer is:

CHAP
—
—
—
—
—

The answer is:

CHAP
—
—
—
—
—

This day in history

- AUG. 12, 30 B.C.: Cleopatra commits suicide after her lover Mark Antony's defeat at the battle of Actium.
- AUG. 12, 1833: Chicago was founded.
- AUG. 12, 1851: Isaac Singer granted a patent for his sewing machine.
- AUG. 12, 1964: South Africa is banned from the Olympic Games due to the country's racist policies.
- AUG. 12, 1981: The IBM Personal Computer is released.
- AUG. 12, 1990: Sue, the most complete skeleton of a Tyrannosaurus rex, is discovered near Faith, South Dakota.

previous day's answer

7	4	3	5	9	6	1	2	8
5	9	6	1	2	8	4	7	3
8	2	1	7	4	3	6	9	5
4	7	2	9	5	1	8	3	6
3	6	5	4	8	2	7	1	9
9	1	8	6	3	7	5	4	2
6	3	4	2	1	5	9	8	7
2	5	9	8	7	4	3	6	1
1	8	7	3	6	9	2	5	4

HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

SUDOKU SOLVE TIME IN MINUTES:

Under 13: Genius
13-17: Scholar

Sudoku

9	3						5	4
			7	9			2	
4			2		5			
6				7		1	4	
				1				
	2	5		3				6
			8		6			2
			8		1	6		
5	7						1	8

17-21: Smart
21-25: Not bad
25+: Keep practising
[more games metronews.ca](http://moregames.metronews.ca)

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metronews.ca

Halifax weather

Afternoon



Showers.
19°

Tonight



Variable.
15°

Wednesday



Partly cloudy.
21° / 15°

Thursday



Variable.
22° / 14°

Friday



Partly cloudy.
23° / 16°

The Weather Network

Temperature Normals
High: 22.6°
Low: 14.8°

Records
High: 31.1°/1944
Low: 9.4°/1968
Sunrise: 6:13 a.m.
Sunset: 8:23 p.m.
Moonset: 1:28 a.m.
Moonrise: 6:11 p.m.

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